

Food Safety Policy (Updated EYFS September 2025)

Policy Statement

At Butterflies Nursery, we are committed to **providing safe, nutritious, and balanced meals and snacks** that align with the **EYFS 2025 Safer Eating guidelines**. This policy ensures that all food is **prepared, stored, and served** following the **highest safety standards**, protecting the health and well-being of all children in our care.

Food Handling and Storage

- All **staff involved in food preparation** will complete **accredited food hygiene training** (Level 2 Food Hygiene for Early Years).
- Food will be **stored correctly**, with clear labelling and regular freshness checks.
- Cross-contamination will be **strictly avoided**, and separate storage will be maintained for allergen-containing foods.

Personal Hygiene

- Staff will **wash hands frequently** before handling food, after handling raw foods, and after any contact with potential contaminants.
- Hair restraints and **protective clothing** (e.g., aprons) will be worn when preparing food.
- Staff will **not prepare food** if they show signs of illness that could pose a risk to food safety.

Meal Planning and Nutrition

- Meals will be planned according to **EYFS 2025 nutritional guidance**, ensuring meals are **balanced, varied, and inclusive of cultural and dietary needs**.
- **Special dietary needs, allergies, and intolerances** will be accommodated with **careful consultation** with parents.
- Introduction of **solid foods** for babies will be planned **in consultation with parents**, following a safe and gradual weaning process.

Allergen Management

- Information about **allergies, intolerances, and dietary requirements** will be obtained **before a child starts** and regularly updated.
- Each child with allergies will have a **named staff member** responsible for **checking meal safety** before serving.
- **Allergy action plans** will be developed with parents and healthcare professionals and updated **as necessary**.

Safe Eating Practices

- A **Paediatric First Aid (PFA) trained staff member** will always be present **when children are eating**.
- Food will be **prepared and served in appropriate sizes and textures** to prevent choking.
- Children will be **seated safely** in highchairs or low chairs during meals.
- Children will be **closely supervised while eating**, with staff sitting **facing the children** to monitor for choking or allergic reactions.
- **Food swapping among children** will be discouraged and monitored.
- Any **choking incidents** will be **recorded and reported** to parents. Regular reviews of near-miss incidents will be conducted to improve safety measures.

Safe Food Preparation and Temperature Control

- Food will be **cooked, stored, and served at safe temperatures**, with regular checks using calibrated thermometers.
- **Utensils and preparation areas** will be cleaned and sanitised before and after every use.

Food Service

- Meals and snacks will be **served hygienically**, using appropriate utensils to minimise contamination risks.
- Staff will ensure **clean and safe serving practices** are consistently followed.

Communication with Parents

- Parents will receive **clear communication** about menus, food safety practices, and allergy management.
- Any **food-related incidents** will be **immediately reported** to parents and recorded.

Food Poisoning and Illness Management

- If a child shows **symptoms of food poisoning or food-related illness**, immediate steps will be taken to **identify and isolate the source**.
- **Parents and health authorities** will be notified as required.

Review and Monitoring

- This policy will be **reviewed annually** or as needed to ensure compliance with **EYFS 2025 Safer Eating standards**.
- **Feedback from staff, parents, and external agencies** will be encouraged for **continuous improvement**.

Alignment with EYFS 2025 Changes

This policy has been updated to reflect the **new 'Safer Eating' section in EYFS 2025**, which strengthens food safety in early years settings. Key changes include:

- **Mandatory presence of at least one Paediatric First Aid (PFA) trained staff member during all mealtimes.**
- **Stricter allergy management protocols**, including **named meal checkers and action plans**.
- **Improved supervision**, requiring staff to **sit facing children while eating**.
- **More structured meal seating arrangements** to prevent food-swapping and ensure safety.
- **Recording and reviewing of choking incidents** to identify patterns and improve safety.

These changes are designed to **enhance the safety, health, and well-being** of children during meals, ensuring that **food safety is a top priority** in all early years settings.

Signed: Chrissie day

Date: 16/7/2025