



Food Safety Policy

Policy Statement:

At Cece's Rainbow Kids, 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 2/3 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 the key person 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 nominated 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: Cecilia Mayne

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