Food Allergens & Preparation

Food Preparation

Cupboards are made available in the kitchen areas on the premises, for the storage of all refreshments. All cups and any crockery used during the day, are to be washed up in the kitchen using the available facilities.

The kitchen is left clean and tidy at all times after use.

A fridge is situated within the kitchen so that food can be kept at the required temperature. The temperature of the fridge is checked and recorded at the beginning of each week.

Our premises, including the kitchen are regularly inspected by outside agencies.

A basic hygiene and food safety certificate is held by staff.

A snack is available for all children and staff attending the preschool and served mid-morning and again late afternoon.
Our snack time consists of; **Cheese**, **Crackers** (with or without **plant-based butter**, as required), 2x **Fruits** (apples, pears, cucumber, bananas etc), **Seeds** (pumpkin & sunflower). Children are offered water or milk to choose to drink at snack time. Children have access to fresh drinking water throughout the session; however, they are encouraged to bring in their own drink container each day.

Children and staff attending the setting all day bring a packed lunch, which is stored in a separate fridge in the kitchen until it is consumed. Children attending the afternoon sessions can eat later in the afternoon (when the afterschool club children arrive) this is a point in the day for a further afternoon snack.

Handwashing Before Hand Preparation

Staff and children wash their hands prior to preparing or eating food and again after consuming food.

Food Allergens

Children have the opportunity to choose from a variety of foods provided by the preschool during snack time. Some of these foods may contain allergenic ingredients, which could be harmful to your child if they have an intolerance to particular types of foods.

It is important that you make staff aware prior to your child starting at the preschool of any food allergies that they may have. In order that staff can ensure that the foods that are available for your child to consume are safe and appropriate for them to eat.

There are 14 major allergens which are known to cause health concerns, the food items in red relate to the foods your child may eat at preschool.

- Celery
- Cereals containing gluten- **Cereals eaten at breakfast club and found in the crackers we eat at snack time.**
- Crustaceans
- Eggs- **Used during cooking activities**
- Fish
- Lupin- **Maybe found in flour during cooking activities**
- Milk -**Milk is available to drink during snack and found in the cheese the children eat at snack time and the butter.**
- Molluscs
- Mustard
- Nuts
- Peanuts
- Sesame seeds
- Soya
- Sulphur dioxide

Please **click on the link** for further information on the 14 food allergen groups, there is more useful guidance on the Food Standard Agency website
https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses