



SHOOTING STARS

Pre-School Nursery

No Sharing Food Policy

Last Review: 21/08/2025

Next Review: 21/08/2026

1.0 Policy Statement

To safeguard children with allergies, intolerances and dietary requirements, food is not shared between children at Shooting Stars Pre-School Nursery. Staff never share their own food with children. Mealtimes remain inclusive and social, with adults explaining the rule in a calm, child-friendly way.

2.0 Our Legal Obligations

EYFS Statutory Framework (2025): healthy, safe food and drink; appropriate supervision at mealtimes; record incidents and inform parents the same day or as soon as reasonably practicable.

Food Safety & Food Hygiene Regulations: safe handling, storage and service of food; controls to prevent cross-contamination.

Food Information (Allergens) Regulations: clear allergen management and information for any food provided by the nursery.

UKHSA infection control guidance: hygiene around food preparation and eating areas.

Equality Act 2010: reasonable adjustments so children with medical/dietary needs can participate safely.

UK GDPR & Data Protection Act 2018: secure handling of allergy and medical information.

3.0 Procedures

3.1 Core rule

- Children must not share or swap food/drink.
- Staff must not give children any of their own food/drink and eat staff meals only in staff-only areas.

3.2 Supervision and environment

Adults actively supervise all eating times (snacks, lunch, celebrations, outings). Seating plans and routines reduce risk (e.g., known-allergy children seated appropriately; separate utensils; wipe-down tables before/after).

3.3 Packed lunches

Parents label lunchboxes and containers with the child's name and avoid items that pose higher risks to others (e.g., sesame). We may remove any food deemed unsafe and offer a simple alternative where necessary.

3.4 Nursery-provided food

Meals/snacks follow our Healthy Eating and Allergy procedures: allergen lists available to staff, careful storage/prep/serving to minimise cross-contact, and adherence to each child's Individual Health Care Plan where applicable.

3.5 Birthdays and celebrations

Only pre-packaged, clearly labelled treats may be brought in. Staff distribute them after checking labels against allergy lists. Homemade items are not permitted for sharing. For parent-attended events, parents decide what their own child may eat, and an Allergy Awareness poster is displayed at the food table.

3.6 Parent communication

Allergy/dietary needs are collected at enrolment and must be kept up to date. We regularly remind families of the no-sharing rule and our no-nuts approach (see Healthy Eating Policy).

3.7 If a breach occurs or a reaction is suspected

- Stop the sharing immediately; remove food; check the child.
- Follow the child's care plan; administer emergency medication if required; call 999 for any signs of anaphylaxis; inform the Manager/DSL.
- Inform parents the same day and record the incident (what happened, food involved, actions taken).
- Review seating, supervision and communication to prevent recurrence.

4.0 Roles and Responsibilities

Nursery Manager: ensures mealtime supervision and allergy controls; communicates the policy to families; investigates incidents and implements improvements.

All staff: enforce the no-sharing rule, supervise mealtimes closely, check labels before serving, follow care plans, record incidents the same day, and remind children kindly and consistently.

Parents/Carers: provide accurate allergy/diet information, label lunchboxes, avoid higher-risk items, and follow celebration guidance (pre-packaged, labelled treats only).

