



## 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).

