Mealtimes Policy

Pippa Pop-ins Nursery Schools

Pippa Pop-ins 165 New King's Road (Ofsted ID: EY449873)

Pippa Pop-ins 233 New King's Road (Ofsted ID: EY449869)

Pippa Pop-ins 430 Fulham Road (Ofsted ID: EY449872)

Pippa Pop-ins 5 Kensington Place (Ofsted ID: EY489562)

Pippa Pop-ins 91-93 Princedale Road (Ofsted ID: 2857426)

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Adopted:	June 2026
Last review:	April 2026
Next review due:	April 2027

Pippa Pop-ins®
Nursery Schools

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1. Scope and Application

1.1 This policy applies to:
Pippa Pop-ins 165 New King's Road (Ofsted ID: EY449873) ("**Pippa Pop-ins**")
Pippa Pop-ins 233 New King's Road (Ofsted ID: EY449869) ("**Pippa Pop-ins**")
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1.2 Under this policy all employees, including directors, apprentices, casual workers, whether on permanent or temporary contracts are collectively referred to as '**staff**'.

1.3 This policy does not form part of any contract and Pippa Pop-ins may amend it at any time.

2. Policy Aims

2.1 This policy aims to inform parents/carers ('**parents**') and staff about nutrition and snack/mealtimes at Pippa Pop-ins nurseries. It is in place to help identify and cater for individual food requirements and to promote healthy eating in a relaxed atmosphere.

2.2 Pippa Pop-ins is committed to ensuring that the food provided supports the development of healthy eating practices. We understand that early food experiences have an important effect on adult eating patterns and may influence attitudes to eating. Snack and mealtimes are enjoyable social occasions which provide an opportunity to encourage good communication skills and language development. Snack and mealtimes are also when children's natural curiosity for exploring new concepts will be extended to introduce new tastes and textures.

3. Feeding Infants

3.1 Parents will only provide the bottle for their child. Milk is supplied by the settings unless its prescribed or there are allergies with the formula provided by the school. The milk is only reheated using the bottle warmer in the setting. Reheating using a microwave is prohibited, the priority should be freshly prepared.

3.2 Parents must ensure that their child attends nursery with the required amount of milk to be consumed for that session only if the child has diagnosed allergy or prescribed milk. The children have access to milk in the setting throughout the day.

3.3 Mothers are actively welcome to breast feed their child during the session.

3.4 Pippa Pop-ins will facilitate discussions with parents before a weaning baby is transferred to food provided by the nursery.

4. Dietary Requirements and Allergies

4.1 The Head of Nursery, nursery cook, and parents will work together to ensure a child with specific food allergies does not receive food at nursery that may harm them. This may include designing an appropriate menu or substituting specific meals on the current nursery menu.

4.2 Pippa Pop-ins' nurseries are nut free environments.

4.3 All food given to children in our nurseries comes through our kitchen or agreed supplier.

4.4 All staff are trained in the signs, symptoms and how to respond to a possible allergic reaction in the case of an unknown or first reaction in a child. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, watery eyes, shortness of breath, chest pain, swelling of the mouth or tongue, swelling to the airways or the lungs, wheezing and anaphylaxis.

4.5 Staff will have discussions with parents and/or carers about common food allergens that have been introduced at home. These foods need to be introduced one at a time and in very small amounts so that you can spot any reaction.

4.6 Where staff wish to bring in their own food, it is the staff member's responsibility to store it hygienically and appropriately. The food must be:

- kept out of the kitchen and rooms;
- nut-free; and
- compliant with any specific allergy rules for the nursery.

4.7 Staff may not share any food that they bring in with any children in the setting.

4.8 In nurseries where children bring their own packed lunch, the Head of Nursery will provide parents with the nursery guidelines for allergen management including foods that are not permitted where there are children with severe allergies. Packed lunches that do not follow these guidelines may not be given to children during the day. Parents will be informed and asked to provide a suitable replacement in a timely manner.

4.9 Where a child has a known medically diagnosed allergy, parents must provide the Allergy Action Plan from the doctor prior to the child starting the nursery and/or following notification of a known allergy, and ensure allergies are fully recorded on Famly in the Health section. The Head of Nursery will create an Individual Healthcare Plan with parents. This assessment will be logged on Famly and shared with all staff. Please refer to the Health and Safety Policy for our allergy procedures.

4.10 All food prepared for a child with a specific allergy is prepared in an area where there is a low chance of contamination and served with equipment that has not been in contact with this specific food type, e.g. nuts. This food will be clearly labelled before leaving the kitchen and being transported to the room and checked by the lead practitioner upon receipt.

4.11 Individual dietary requirements are respected. We gather information from parents about their children's dietary needs, including any special dietary requirements, preferences, and food allergies that a child has and any special health requirements before a child starts or joins the nursery.

4.12 Where food is provided by an external catering company, members of staff will be nominated each day to receive the delivery check allergen information visible on the labels or stickers and ensure that food arrives to the room for any children with allergies clearly labelled. This will be checked by the lead practitioner in the room on receipt.

4.13 We incorporate additional procedures in line with the Food Information Regulations 2014 (FIR) including displaying our weekly menus in the nursery and sharing them on the Famly app, identifying any of the 14 allergens that are used as ingredients in any of our dishes.

4.14 Any dietary requirements will be identified when children are at the table by using a colour code system, usually with plates, allergy placements or table stands. These will be placed on the table before any food is served and are site specific:

- RED - allergen (allergy is noted on placemat)
- YELLOW – parental/religious preferences
- GREEN – eat everything

4.15 We consider seating arrangements to avoid cross contamination of food from child to child and where appropriate, an adult ideally seated facing them but must be within sight and hearing with children during meals to ensure safety and to minimise risks.

4.16 At least one staff member with a valid paediatric first aid certificate must supervise the children at mealtimes. If a child has an allergic reaction, this staff member will act quickly and administer the appropriate treatment where necessary. Parents must be informed, and the information recorded on Famly in line with our Accident and Incident Policy.

5. Food Preparation and Nutrition

5.1 All staff who prepare and handle food are competent to do so and receive training in Food Hygiene - minimum Level 2 for all staff, updated every three years. All our kitchen staff receive level 3 in food Hygiene. Our food preparation areas follow EHO guidelines around cleaning and maintenance and are inspected annually.

5.2 We observe the following food safety preparation advice for children aged five and under, to reduce the risk of choking:

- we remove any stones and pips from fruit before serving
- we cut small round foods (like grapes, strawberries and cherry tomatoes) lengthways and into quarters
- we cut large fruits (like melon) and hard fruit or vegetables (like raw apple and carrot) into slices instead of small chunks
- we do not offer raisins as a snack to children under 12 months (they can be chopped up as part of a meal)
- we soften hard fruit and vegetables (like raw apple and carrot) and remove the skins when first given to babies from around 6 months
- we cut sausages into thin strips rather than chunks and remove the skins (sausages should be avoided due to their high salt content)
- we remove bones from meat or fish

- we do not give whole nuts to children under five years old
- we do not give whole seeds to children under five years old
- we cut cheese into strips rather than chunks
- we consider wholemeal or toasted bread as white bread can form a doughy ball in the throat, and cut all types of bread into strips for very young children
- we do not give children popcorn as a snack
- we do not give children marshmallows or jelly cubes from a packet, either to eat or as part of messy play activities, as they can get stuck in the throat
- we do not give children hard sweets.
- Link: Early years choking hazards food safety advice

5.3 When a child experiences a choking incident that requires intervention, staff should record details of where and how the child choked and ensure parents are made aware. The records should be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking.

5.4 In compliance with the DfE guidance on food safety in early years settings, we do not give the following foods to children at our nurseries:

- raw eggs, runny boiled eggs or foods containing partially cooked eggs like uncooked cake mixture (unless they have the red lion stamp or you see the words "British Lion quality")
- honey where the child is under 12 months old as it can contain bacteria
- rice drinks as they may contain too much arsenic
- foods high in salt such as bacon, crisps, ready meals and takeaways
- sugar, either in sugary snacks or added to food
- foods high in saturated fat such as biscuits, crisps and cakes
- fresh pate (meat, fish or vegetable-based) to reduce the risk of food poisoning
- unpasteurised milk, milk drinks and cheese, mould-ripened cheeses and soft, blue-veined cheese, to reduce the risk of food poisoning (these cheeses can be used as part of a cooked recipe)
- shark, swordfish and marlin, as the levels of mercury in these fish can affect a child's developing nervous system
- raw shellfish, to reduce the risk of food poisoning

- slush ice drinks, sometimes known as slushies, as they may contain too much glycerol

5.5 We only provide either water or cow's milk/unsweetened calcium-fortified non-dairy alternatives as drinks to children. Water is available to the children throughout their session.

5.6 We recognise that portions must be appropriate to a child's body size and appetite. As a general rule, we portion out meals for children as follows in accordance with the DfE's guidance:

5.6.1 Daily portions

- Fruit and vegetable: at least five
- Carbohydrates: four
- Dairy and alternatives: three
- Protein: two

5.6.2 Portion size per meal

- Cooked or raw fruit and vegetables: 40g
- Cooked rice, pasta and potatoes: 80g
- Bread: 25g
- Average sized potato: One
- Milk: 150ml
- Cheese (sliced or grated): 15g
- Cottage cheese: 30g
- Plain yoghurt: 60g
- Baked beans: 55g
- Egg: 55g
- Meat, fish and poultry: 40g
- Most pulses and hummus: 40g

5.7 Parents cannot bring in cake or other food to the nursery, including to celebrate special occasions such as birthdays due to allergies within the settings. We have wooden cakes in the nursery that we will use to celebrate with your child.

6. Food Poisoning

6.1 It is the responsibility of the Head of Nursery to notify Ofsted of any food poisoning incident affecting two or more children care for on nursery premises as soon as reasonably practicable and at most, 14 days from the incident. We recognise that it is an offence to fail to comply with this requirement.