

Food Play Policy

At **Niton and Brighstone Preschools** we ensure any food we use for play with the children is carefully supervised.

We will also use the following procedures to ensure children are kept safe:

- Choking hazards are checked and avoided
- All allergies and intolerances will be checked and activities will be adapted to suit all children's needs, so no child is excluded
- All activities including food will be discussed prior to use , staff will be aware of all allergens, parents are made aware of the ingredients
- Children's allergies will be visible to staff when placing out food play activities to ensure all needs are met
- Any cooking activities will be checked prior to start to ensure all children are able use all the ingredients based on their individual needs
- We will not use whole jelly cubes for play. If we do use jelly to enhance our play, then all jelly will be prepared with water as per the instructions and then used
- Heat treated flour will be used, where appropriate, to reduce risk of infection¹
- Small objects such as dried pasta and pulses will not be used for younger children
- Dried food that is used for play will be kept away from food used for cooking, and utensils used for food play will be washed thoroughly and stored separately to utensils used in food production or at mealtimes
- Foods that are cooked and used for play which have limited shelf life (such as dough) will be replaced on a regular basis. Cornflour, cooked pasta and cooked rice will be discarded after use due to the high risk of bacteria developing
- Food used for play will be presented in ways that clearly distinguishes it from food intended for eating - for example in tuff trays, with added food colouring, raw, etc. Children are discouraged from eating play food, and from putting equipment and utensils in their mouths. We will not use food in play unless it enhances the opportunities children are receiving from the activity. Much of the food will be reused in other activities, especially the dry materials.
- We are mindful of the amount of food we use in play and will try to seek alternatives as much as possible.

This policy was adopted on	Signed on behalf of the nursery	Date for review
March 2026		Annually

¹ <https://www.food.gov.uk/safety-hygiene/raw-flour>