

Food & Nutrition Policy

Femtinis Learning Hub

1. Purpose & Approach

At Femtinis Learning Hub, food is part of the experience. Whether through snacks during sessions or meals provided during holiday clubs, we aim to create a **safe, inclusive, and enjoyable environment** around food.

We are committed to:

- Maintaining high standards of food hygiene and safety
- Supporting children's wellbeing and energy during sessions
- Respecting dietary needs, allergies, and family preferences
- Creating a relaxed, social, and supervised eating environment

2. Food Provision at Femtinis

- Snacks may be provided during workshops and sessions
- Food (including meals) may be provided during holiday clubs or extended sessions
- Food may be:
 - Prepared onsite
 - Pre-packaged
 - Provided by external suppliers

All food provision will follow safe handling and hygiene practices.

3. Food Safety & Hygiene Standards

Femtinis Learning Hub is committed to following safe food practices in line 'Safer Food, Better Business' (FSA) and is registered as a food business with our local authority. We are inspected by Environmental Health to ensure that health and hygiene standards are being met.

3.1 Staff Responsibilities

All staff involved in food handling have received **food handling and hygiene training**. When preparing food, staff follow the requirements of current food hygiene legislation, and best practice including:

- Maintain high standards of personal hygiene
- Wash hands thoroughly with hot water and antibacterial soap:
 - Before and after handling food

- After using the toilet
- Use clean surfaces and equipment
- Using clean, disposable cloths
- Avoid food preparation if unwell or showing signs of infection
- Keep fingernails clean and short and varnish-free
- Covering spots or sores on the hands and arms with a waterproof dressing
- Removing jewellery, especially rings, watches and bracelets, before preparing food

3.2 Food Preparation Standards

Staff will:

- Wash all fruits and vegetables before serving
- Prepare food in a way that minimises choking risks (e.g. appropriate sizing)
- Avoid cross-contamination (including allergen separation)
- Use appropriate equipment and cleaning procedures
- Prepare food in accordance with allergies, intolerances and special dietary requirements taken into consideration

4. Allergies, Dietary Requirements & Medical Needs

In line with our safeguarding responsibilities, parents/carers must provide **accurate and up-to-date information** about:

- Allergies
- Intolerances
- Dietary requirements (including religious or cultural needs)
- Medical conditions related to food

(As outlined in our Terms & Conditions regarding health disclosures)

4.1 Our Approach

- Dietary and allergy information is recorded at booking
- This information is shared with relevant staff before sessions
- A designated staff member will check that food provided is suitable for each child
- We may request parents to provide food where:
 - Allergies are severe
 - Requirements cannot be safely accommodated

4.2 Allergy Management

- Staff are aware that allergies can develop at any time
- Staff receive guidance on:

- Recognising allergic reactions
- Responding to emergencies
- Where required, individual allergy action plans may be used

5. Supervision During Eating

We treat eating time as a **high-risk moment requiring active supervision**.

- Children must always be:
 - Within sight and hearing of a staff member
- At least one staff member present will hold a valid paediatric first aid certificate
- Staff will:
 - Actively observe children while eating (not passively supervise)
 - Monitor for choking risks (recognising choking can be silent)
 - Be ready to respond immediately to:
 - Choking incidents
 - Allergic reactions

6. Choking Risk Management

To reduce risk:

- Food will be prepared in age-appropriate sizes
- Children will be encouraged to:
 - Sit while eating
 - Eat calmly (no running or playing with food)

6.1 Incident Response

- Any choking incident requiring intervention will be recorded
- Parents/carers will be informed
- Incidents will be reviewed to identify patterns and improve safety

7. Food Storage & Temperature Control

- Food will be stored safely to prevent contamination and spoilage
- Fridge temperatures will be:
 - Checked regularly
 - Maintained at safe levels
- Any unsafe or expired food will be disposed of immediately

7.1 Cleaning Standards

- Food preparation areas cleaned after each use
 - Fridge cleaned regularly, especially during peak holiday periods
 - Freezer cleaned periodically
 - Equipment cleaned thoroughly after use
 - Measures in place to prevent cross-contamination
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8. External Food & Packed Food

Where children bring their own food:

- Food must be clearly labelled
- Staff will take reasonable steps to:
 - Prevent sharing of food
 - Reduce allergen risks

Femtinus cannot guarantee a completely allergen-free environment.

9. Illness & Food Handling

- Staff who are unwell will not handle food
 - Children who are unwell may be:
 - Refused food
 - Asked not to attend sessions (in line with health policy and T&Cs)
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10. Responsibility & Limitations

While we take all reasonable precautions:

- Participation in food-related activities carries inherent risks
 - We rely on accurate information from parents/carers
 - We reserve the right to:
 - Adjust food provision
 - Refuse participation in food activities where safety cannot be ensured
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11. Alignment with Other Policies

This policy should be read alongside:

- Terms & Conditions
- Health & Safety Policy
- Safeguarding & Child Protection Policy

12. Policy Review

This policy is reviewed periodically and at least annually to ensure compliance with current legislation, guidance, and operational practices. We reserve the right to amend or update this policy at any time. The most current version, as published by Femtinis Learning Hub, shall always apply.
