



## **Food Safety and No Outside Food Policy**

At Sandcastle Nursery and Preschool, we are committed to promoting the health, safety, and well-being of all children in our care. As part of this commitment, we do not allow children to bring in their own food from home. This policy applies to all snacks, meals, and drinks (other than water) unless there is a specific medical or dietary need that has been discussed and agreed upon with management.

### **Reasons for This Policy**

#### **1. Allergy Prevention**

Many children have severe food allergies (e.g., to nuts, dairy, eggs, etc.). Preventing outside food helps us reduce the risk of cross-contamination and accidental exposure.

#### **2. Healthy Eating**

We follow national guidelines to provide balanced and nutritious meals and snacks. Limiting outside food helps us ensure all children are offered healthy, age-appropriate options.

#### **3. Fairness and Inclusion**

When all children eat the same meals, it promotes a sense of community and fairness, and avoids feelings of exclusion or upset over different or “treat” foods.

#### **4. Food Safety**

We are responsible for ensuring that all food served at the nursery is safely stored, prepared, and served in accordance with hygiene standards. We cannot guarantee the safety of food brought from home.

#### **5. Special Dietary Needs**

If a child has specific medical, cultural, or dietary requirements, we will work with parents to accommodate these needs safely and appropriately within our food provision.

