

Bow Lane Pre-school

The Safeguarding and Welfare Requirements: Health

The provider must promote the good health of the children, take necessary steps to prevent the spread of infection, and take appropriate action when they are ill.

Promoting health and hygiene

6.8 Milk/formula preparation and storage

Policy statement

We regard snack and meal times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

EYFS Key themes and commitments

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.4 The wider context	4.4 Personal, social and emotional development

Purchasing and storing food

- Where parents/carers provide infant formula to be made up at the setting, this is checked to make sure it is in date and that the seal is not broken, then labelled with the child's name.
- Parents/carers must not send in bottles containing pre-boiled and cooled water ready for formula to be added. They should instead send in empty, sterilised bottles in accordance with current NHS guidance on the preparation of formula milk.
- If parents/carers are providing formula milk already made up at home, or breast milk, it should already be made up into sterilised bottles and clearly labelled with the child's name.
- Parents/carers are advised to follow the manufacturer's guidance and to transport the prepared feeds or breast milk in a cool bag. On arrival, feeds are taken out of the cool bag and put straight into the fridge.
- Made up feeds or breast milk is always used on the same day.

- In line with current Food Standards Agency guidance, parents are advised not to give toddlers and young children (ages 1 – 4.5 years) rice drinks as a substitute for breast milk, infant formula or cow's milk. Parents/carers should speak to their child's health visitor for further guidance if their child has a milk intolerance and needs an alternative.
- Parents/carers are informed that they should not bring in food that contains nuts. Staff check packets to make sure they do not contain nuts or nut products.

Preparation

- Members of staff wash hands before or on entering the kitchen.
- Preparation of feeds is restricted to key persons or co-workers; other staff/students preparing food are supervised by a permanent staff member or key person who is clear about the requirements for each child.
- Water given to babies over 6 months old as a drink does not need to be boiled first, for babies under 6 months the above guidance applies.
- Bottles are cooled under cold running water and the temperature checked on the inside of an adult's wrist to ensure that it is body temperature, which means it should feel warm or cool but not hot.
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Further guidance on making up bottles in advance for use at the setting can be found at:

www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/formula-milk-questions/

Guidance for the storage of breast milk is available from: www.nhs.uk/start4life/baby/feeding-your-baby/breastfeeding/expressing-your-breast-milk/storing-breast-milk/

This policy was adopted at a meeting of	Bow Lane Pre-school	name of setting
Held on	4 th April 2026	(date)
Date to be reviewed	6th September 2026	(date)
Signed on behalf of Bow lane Pre-school		
Name of signatory	Zoe Pearson	
Role of signatory	Owner	