

Food and Drink Policy (Healthy eating)

Statement of intent

Where children are provided with meals, snacks and drinks, they will be healthy, balanced and nutritious. Snack and mealtimes are an important part of the day. Eating represents a social time for children and adults interact helping children to learn about healthy eating, good table manners and to help children develop independence through making choices, serving food and drink and feeding themselves.

We provide a healthy, balanced breakfast and fully cooked evening meal. Parents are required to provide a healthy packed lunch for their child. Parents are to note that we are a 'nut free' setting and are required to ensure packed lunches are free from nuts.

We are fully committed to offering children healthy, nutritious and balanced meals and snacks which meet their individual needs and requirements.

We will provide milk or water for the children to drink throughout the day.

Method

To meet the requirements of the Early Years Statutory Guidance and the Childcare Register, we must:

Obtain information about any special dietary requirements, preferences and food allergies that your child has, and any special health requirements, before the child starts.

Packed lunches provided by parents will be stored in the fridge in their original containers or as their storage instructions

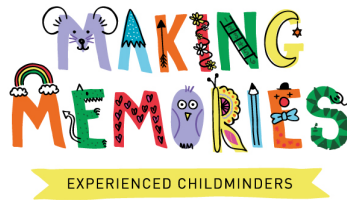
Children's individual dietary requirements will be displayed in the kitchen, inside a kitchen unit. It will have a photograph of the child so they can be easily identified.

We will make parents aware of the need to inform us of the ingredients in the food contained in any packed lunches or snacks that they supply for their child.

We identify the 14 major allergens on food on our menus

We make sure fresh drinking water is available and accessible at all times both inside and outside. Promoting children's independence where possible.

Parents are required to provide formula milk. The bottles will be made up and stored according to the manufacturer's instructions. Breast milk will be stored in the fridge.



Parents are required to inform us of any changes to their child's dietary information. We will send out reminders regularly.

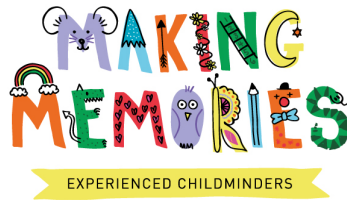
Children are not to share or swap their food with one another in order to protect children with food allergies. This is monitored by adults sitting with the children at mealtimes.

We make our menus and information about the food and drinks that we provide for your children available. We encourage the children to contribute their favourite food to the menus

We must notify Ofsted of any food poisoning affecting two or more children looked after on the premises within 14 days.

We will ensure that:

- Our care promotes the good health of children.
- Children are provided with meals, snacks and drinks that are healthy, balanced and nutritious.
- Children know the importance of a healthy diet for good health.
- Involve children in the preparation of food.
 - Plan varied menus for meals and snacks to include different tastes, colours and textures of food.
 - Portion sizes will take account of the age of the children being catered for.
 - We have a positive and welcoming eating environment to encourage children to eat well, and develop good eating habits and social skills.
 - The children and I wash our hands before the preparation of food and we cater for the dietary requirements of all children, ensuring that any food allergies/intolerances are catered for, as well as children from all cultures and religions being able to enjoy appropriate meals and snacks. We record this information on the 'child enrolment' form.
 - Cultural differences in eating habits and the different ways people eat their food will be respected. We will happily provide opportunities for children to use chopsticks
 - Food is never used as a punishment, or as a reward.
 - Ensure adequate equipment including seating arrangements, cutlery is available for all children attending my setting.



- We have completed the Level 2 Food Hygiene Course
- Our setting is suitable for the hygienic preparation of food, and where appropriate, suitable sterilisation equipment for babies' food. We are competent to prepare and handle food.
- Have downloaded a "Safer Food Better Business" pack for childminders and refer to this regularly
 - We will make sure all children are supervised at all times when eating and not left alone with food.

Teaching children

We teach children about healthy eating and drinking as part of our daily routine. Children help to buy, prepare and cook food and enjoy helping in the kitchen. Risk assessments help to keep children safe in the kitchen and when they are cooking.

Special food

Food is often used as part of a festival, birthday or celebration and we sometimes offer children food which might not be considered healthy such as cakes for a birthday party. If parents have a concern about this they should let us know.



Policy adopted by Making Memories

Date: August 2018

Reviewed: August 2021 January 2024 January 2025 January 2025