



# Nutrition Policy

## Rationale

I understand that it is important to help children develop patterns of healthy eating and drinking from an early age. Children need to eat a variety of foods including fruits, vegetables and fluids to make sure they get all the dietary components they need to grow and develop healthily.

## Procedure

### *Childminder Providing Meals*

- Parents/carers will be asked to provide written information about which meals and snacks are to be provided (this will incur an additional charge); any dietary requirements due to allergy, culture or lifestyle choice and these will be acted upon.
- If a child is on a special diet, the parents/carers may be asked to provide their child's food if it is not possible for the food to be provided or prepared by my setting.
- All food and drink are prepared to provide a healthy balanced diet in accordance with the recommendations by the Food Standards Agency.
- I involve the children in the preparation of some foods in order to create an interest in trying new foods while helping them to learn which foods help to keep our bodies strong and healthy and which foods need to be eaten less frequently.
- Food is prepared, stored and cooked in line with my Health and Safety Policy.
- I have clean and age-appropriate crockery and eating utensils however, I will respect the parent/carer's diverse needs culturally or lifestyle choices about eating practices e.g. eating with fingers.
- I will carry out good hand-washing procedures when handling food and ensure the children are aware of how and when to wash their hands.
- A menu for the week's meals will be available and recipes are available to parents on request.
- Parents will be informed about the foods their child has been offered and eaten.
- Children will never be made to eat foods they dislike or do not want but children do not always welcome a new food the first time it is offered. New additions to the menu will be

offered a few times to give children a chance to try them and increase the variety of foods they will eat.

- If children refuse to eat their main course, dessert will still be offered as the dessert will be a nutritious part of the meal.
- Children are offered a choice of water, milk or diluted fruit juices with meals and snacks and fresh drinking water is available at all times. Sweets and treats are offered occasionally if parents/carers agree and always after meals in order to not affect a child's appetite.

### ***Parent(s) Provides Meals***

- Parents/carers may wish to provide their own meals for their child(ren). These can be a packed lunch or a hot meal for re-heating. All foods provided must be prepared, cooked, stored appropriately and re-heated in line with my Health and Safety policy.
- I will still continue to provide snacks for your child. If a child is on a special diet, the parents/carers may be asked to provide their child's own snacks if it is not possible for the food to be provided or prepared by my setting.
- All snacks and drink are prepared to provide a healthy balanced diet in accordance with the recommendations by the Food Standards Agency. I involve the children in the preparation of some snacks in order to create an interest in trying new foods while helping them to learn which foods help to keep our bodies strong and healthy and which foods need to be eaten less frequently.
- Children are offered a choice of water, milk or diluted fruit juices with meals and snacks and fresh drinking water is available at all times. Sweets and treats are offered occasionally if parents/carers agree and always after meals in order to not affect a child's appetite.
- I will provide clean and age-appropriate crockery and eating utensils, however I will respect the parent/carer's diverse needs culturally or lifestyle choices about eating practices e.g. eating with fingers. I will carry out good hand-washing procedures when handling food and ensure the children are aware of how and when to wash their hands.
- If children refuse to eat their main course, dessert will still be offered as the dessert will be a nutritious part of the meal and information can be provided on request about suitable foods to include in a child's diet.
- Parents/carers will be informed about the foods their child has been offered and eaten.
- Children are only offered additional foods to the food provided by parents/carers with their knowledge and permission.
- I will not offer the food provided by parents/carers to any other child and children will never be made to eat foods they dislike, or they do not want.

### ***Food Poisoning***

- If there is an outbreak of food poisoning affecting two or more children looked after on my premises, I will report this to Ofsted as soon as is reasonably practicable, but in any event within 14 days of the incident. I will also inform the local Environment Health

Department. I will follow any advice given and I will keep all food receipts in case they are needed to trace the outlet where the food was purchased.

***Food Safety Qualifications:***

I hold a Level 2 Food Hygiene and Safety for Catering qualification

Date policy was written	June 2019
Policy review date	June 2020
Action/Amendments to be taken following review	