

Healthy Eating Policy



(Setting Name) are committed to meeting the EYFS Welfare Requirements and the individual needs of children attending. We aim to do this by:

- Discussing with parents on their child's entry to the setting their individual dietary needs, any allergies and any religious requirements.
- Recording information about individual children and ensuring that all staff are aware of those needs.
- Providing nutritious food using fresh produce.
- Ensuring that where children bring packed lunches parents are aware of the need to provide healthy foods.
- Discussions with parents regarding their children's' needs on a regular basis and up dating records accordingly.
- Ensuring that menus are varied, that children and parents are consulted and that menus are displayed.
- Ensuring that children are offered food and snacks according to parents wishes, cultural and medical requirements and individual needs.
- Displaying information about meal and snack times.
- Informing parents of the storage facilities for food and drinks.
- Providing parents, with children under the age of (*insert as appropriate*) with written daily information regarding food and drink intake.
- Ensuring that children are offered age appropriate utensils.
- Providing meal times that are social times where children feel comfortable, staff participate, and independence is encouraged.
- Working with required agencies to ensure all requirements are met with regard to the handling and preparation of food.

We will make every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle.

We will take into consideration cultural, religious and other dietary requirements when planning our menus, and by working in close partnership with parent/carers will ensure that we meet their child's particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

Food and Drink Preparation

All Staff at (*setting name*) have a duty and responsibility for the correct maintenance of food and drink preparation areas.

- Staff will undertake appropriate food hygiene training both external and internal.
- Surfaces will be cleaned before and after any food/drink preparation.
- Food and drink preparation areas will be used solely for that purpose.
- Faults and breakages will be reported to the manager.
- Equipment will be checked regularly as per regulatory requirements.
- The setting will hold the required Environmental Health certificate.

This policy has been adopted by (setting name)

Signed on behalf of the setting by:

..... *Chairperson/Owner (delete as appropriate)*

..... *Secretary/Manager (delete as appropriate)*

Date:

Review Date: