



Healthy Eating Policy

Specific requirements regarding food and drink (e.g. allergies/food intolerances/medical conditions/cultural & religious requirements/parents/carers wishes) need to be included on a child's information form. We will always incorporate these requirements.

A good balanced diet is vital for children's development, along with fresh air and regular exercise.

On a daily basis we provide good quality:

- meals
- snacks
- drinks

We make reference to the following government guidance on healthy eating:

- '5 a day' guidelines (www.nhs.uk/Livewell/5ADAY/Pages/Whatcounts.aspx)
- 'Eat Better Start Better' programme (www.childrensfoodtrust.org.uk/childrens-food-trust/early-years/)
- Public Health England's example menus and guidance for early years settings (www.gov.uk/government/publications/example-menus-for-early-years-settings-in-england)

We talk to the children about the importance of this in their daily diet. We encourage the children to try foods that they may not have tried before and to make healthy food choices. We also engage the children in the choosing, purchasing and preparation of food.

Children are offered water or milk with their meals or snacks. Fresh drinking water is always available.

On special occasions e.g. birthday celebrations, the children may be offered party food with permission from parents/carers.

We are happy to discuss menus with parents/carers and cater for children with food allergies/special diets and cultural/religious requirements. In some cases, parents/carers may be asked to provide food themselves.

Parents/carers will be advised daily as to what their child has eaten. If parents/carers have any concerns regarding diet/menu/quantity, they should not hesitate to discuss it with us.

We will sit and eat with the children, acting as a good role model for healthy eating.

Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

We are registered with Environmental Health and follow their guidelines.

It is a legal requirement that we keep the receipts for the food we have bought for the children in our care, in case there are any safety problems with the food. In line with recommendations in the 'Safer Food, Better Business pack, we keep the receipts for a minimum of 4 weeks after we have provided the food for the children.

We hold a current food hygiene certificate and will continue to update this as recommended. This ensures we have a full understanding of the safe preparation and storage of food.

We are happy to serve food provided by parents/carers; if food/drink is provided, parents/carers should please follow healthy eating guidelines.

Parents/carers of small babies are asked to provide pureed baby food and/or formula, which can be made as needed, or breast milk bottles, which will be correctly refrigerated until they are required.

Food allergens

Food allergens pose a significant risk to children with allergic conditions as they have reduced levels of control over the food they eat. The Food Information Regulations 2014 (FIR) came into force in December 2014 – we have a legal responsibility to provide the correct information about the ingredients about any food we serve. The 14 allergens we need regard to are:

- cereals containing gluten, eg wheat (including spelt and khorasan), rye, barley and oats and their hybridised strains
- crustaceans, eg prawns, crab and lobster
- eggs
- fish
- peanuts
- soya
- milk
- nuts, eg almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, macadamia nuts or Queensland nuts
- celery (including celeriac)
- mustard
- sesame seeds
- sulphur dioxide/sulphites
- lupin
- molluscs, eg clams, mussels, whelks oysters, snails and squid

We ensure we are aware if any of these ingredients are present in the food, we serve by studying the ingredient information of food labels and by keeping ingredients in their original packages where possible or by keeping a copy of the labelling information. We will ensure that we do not give any child food containing an ingredient if we have previously been made aware that that child has an allergy / food intolerance to that particular ingredient, and we will ensure that cross-contamination cannot occur by ensuring surfaces and equipment are thoroughly cleaned etc. It is the responsibility of parents/carers to ensure we are aware of all allergies and food intolerances. The staff are made aware of individual children's allergies and will also receive training on checking that they serve foods that are safe for individuals.

If parents/carers make us aware of a child's allergies / food intolerances, they should also ensure we are aware of the action to be taken should the child come into contact with that ingredient (e.g. use of epi-pens) – see separate Medicines Policy.

Further information on food allergies is available at:

<http://allergytraining.food.gov.uk/>

www.food.gov.uk/science/allergy-intolerance

www.food.gov.uk/sites/default/files/multimedia/pdfs/publication/loosefoodsleaflet.pdf

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