



Nutrition Policy- Parents provide meals

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 they need to grow and develop healthily.

Procedure

Parents/carers will be requested to provide written information regarding any dietary requirements due to allergy, culture or lifestyle choice and these will be acted upon and implemented when providing snacks and drinks. I will provide snacks for the children. If a child is on a special diet, the parents/carers may be asked to provide their child's snacks if it is not possible for the food to be provided or prepared by my setting.

Parents/carers are requested to bring children's meals to the childminding setting. These can be a packed lunch or a hot meal for re-heating. All foods provided either by parents/carers or myself are prepared, cooked, stored appropriately and re-heated in line with my Health and Safety policy. 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.

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.

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.

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 Heath 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.

Childminder's Signature:



Date:

22/04/2024