



## Healthy Eating and Food Hygiene Policy

### **Policy Statement**

Any meals, snacks and drinks provided to children in my setting will be healthy, balanced and nutritious. Any person(s) preparing or handling food will be competent to do so and trained to an appropriate level in food hygiene practices.

### **Procedures (how I will put the statement into practice)**

I will obtain, record and act on information from parents about a child's dietary requirements.

In the interest of safety and children's health, there are a few items that should not be included in lunchboxes:

- Glass bottles and jars
- Fizzy drinks and pre-mixed drinks high in sugar
- Chocolate bars or sweets

If a child regularly brings meals from home that are far too high in fat/sugar/salt and do not have enough nutritional value, this will be discussed with parents. If they are struggling to provide a balanced diet due to selective eating for any reason, then I will recommend they access support via their health visitor or GP.

Where parents provide meals for their children to eat in my setting, I will provide chilled storage for packed lunches and appropriate storage areas for other food items.

I will also provide clean, age appropriate crockery and cutlery to enable the children to eat a packed lunch.

Children will be provided with healthy meals and other healthy snacks and drinks recommended by the Food Standards Agency literature. I will encourage children to try a bit of everything they have been given, even if they claim not to like it. I will give them lots of praise for tasting something new and will never pressure them if they say they don't want to eat something.

Fresh drinking water will be available at all times.

As a provider of meals and snacks, I am aware of my responsibilities under food hygiene legislation. This includes, if necessary, registration with the relevant Local Authority Environmental Health Department. If this is the case, I am happy to have my premises inspected by a food safety officer.

Pets will be kept out of the food preparation area.

Baby changing facilities will not be near food preparation areas.



Potentially dangerous substances, such as bleach and laundry detergents, will not come into contact with food preparation areas.

If there is an outbreak of food poisoning affecting two or more children looked after on my premises, I will notify Ofsted and Dudley Council Communicable Diseases as soon as possible.

Please ensure you have read and understand the Healthy Eating and Food Hygiene policy and procedure.

**All policies and procedures are reviewed regularly and updated when necessary.**

This policy and procedure has been developed in line with the EYFS welfare requirements and Ofsted guidance, and outlines the provider's responsibility to take all necessary steps to safeguard and promote the welfare of children.

This policy and procedure has been written by **Miss Caitlin Smith**, the Ofsted-registered childminder responsible for the care of children at **The Flower Cottage**, Dudley, West Midlands, DY2 7TQ.