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.

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 a safe place for packed lunches and appropriate storage areas for other foodstuff. Please provide an ice pack in your child’s lunch box or notify me that it is missing so I can provide one.

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

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. 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, please provide a water bottle for them to use when we are outside the house.

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 where possible. If a family pet does gain access to this area then I will ensure all work surfaces and cooking utensils have been thoroughly cleaned before any food preparation or food handling takes place.

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 as soon as possible, within 14 days of the incident, in order to comply with regulations.