

Healthy eating

A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise.

I am happy to provide all children in my care with healthy meals, snacks and drinks, or to cook/serve food provided by their parents.

If you want to supply food for your child for consumption on the premises, you must be aware of food hygiene when preparing packed lunches or snacks.

This includes checking dates for consumption of both dried and perishable foods, and correct storage of food items when sent to the setting.

As consumption of all food on my premises, inclusive of packed lunches provided by parents, is ultimately my responsibility, the following must be observed at all times.

Any perishable foods inclusive of dairy and meat products must be identified and labelled with your child's name. These will then be stored in the refrigerator until required.

Any food not consumed by your child will be discarded on the same day, subject to conditions below:

Any out of date foods will not be given to your child, as they cannot be stored on the premises, they will be discarded and you will be informed.

Food brought to the setting to meet your child's specific Dietary requirements can only be stored on a weekly basis and must be collected at the end of the week.

Pre-packed baby foods will not be given unless provided by you with your written permission. This is to ensure the child's welfare with regard to known and unknown allergies.

Babies formula milk needs to be provided in clean bottles, with your child's name and date stated clearly on them.

I encourage children to choose healthy options and to experiment by trying new foods from other cultures. Older children are encouraged to help in the preparation of food and meals. I am happy to discuss menus with parents and cater for children with different food allergies and cultural/religious requirements. If your child has any particular dislikes or favourite dishes please let me know.

I will record what your child has eaten and approximate amounts in their daily diary, if you have any concerns regarding diet/menu/quantity please do not hesitate to discuss it with me.

I am happy to support you if you are weaning your baby. I will supply a blender and am willing to make pureed dishes if required.

I do not permit children to have fizzy drinks, unless it is a special occasion and parents have given permission. Children are offered water, milk or fruit juices.

I do not encourage children to eat sweets on a regular basis, however I do sometimes offer sweets for special occasions. Please let me know if you are not happy with this and also if you have any sweets in particular you do not permit your child to eat.

Last reviewed 12/02/23