



Healthy Eating Guidance Policy

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Regulations and Standards:

The Children's Homes (England) Regulations 2015:

- Regulation 10 - The Health and Well-being standard

Relevant Policies:

'Provision and Preparation of Meals Policy'

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1. Introduction:

HND Children's Care LTD are committed to providing an environment that promotes the physical, mental, emotional, and spiritual well-being of children who use their services and supports fully the principle enshrined in Section 22(3) of the Children Act 1989 'to promote and safeguard the child's welfare'.

In doing so, staff are to encourage the importance of the social value of mealtimes and are expected to promote an active understanding in the value of a balanced diet; in particular where children are concerned.

Arrangements must exist for promoting the nutritional and dietary needs of all children. The arrangements may be outlined in the child's placement plan and must always be included where the child has special dietary needs or, where the child has a problematic relationship with food (e.g., overeating, under-eating, eating disorder), the placement plan should include the strategy for dealing with this.



Children must never be deprived of food as a punishment. If they are disrupting a meal, they may be asked to leave the dining table, but their meal must always be kept for them and served to them in an appetising way once their behaviour makes this possible. Children should never go to bed hungry. If they arrive at the placement late in the day or return having been missing from home late at night, they should be offered a snack and a hot drink before they go to bed.

2. Nutrition and Diet:

The arrangements should include the following:

- Meeting each child's nutritional and any dietary needs.
- Meeting any requirements to take account of the child's religious, racial, and cultural background.
- Giving children the opportunity to experience the food of a diverse range of cultural traditions.
- Agreeing times and associated procedures for meals, e.g., washing up arrangements.
- Encouragement for the children to eat with other children in the home and the staff / carers.
- Whether and, if so, how children will be encouraged and supported to help with the menu planning, budgeting, food shopping and preparation of meals.
- What facilities are available for the children to have access to the kitchen to prepare snacks etc. for themselves and the supervision or otherwise required.
- Increase the awareness of the children about the individual values of food and increase knowledge of good and "bad" foods. This should address saturates, salts and sugars.
- Whether and, if so, how children will be taught skills in preparation for independence.

End.