**Healthy Eating Policy**

Pegasus Childcare Centre are committed to meeting the EYFS Welfare Requirements and the individual needs of children attending.

We aim to do this by:

* Discussing with parents/carers on their child’s entry to the setting their individual dietary needs, any allergies and any religious requirements
* Recording information about individual children and ensuring that all staff are aware of those needs
* Providing nutritious food using fresh produce
* Ensuring that where children bring packed lunches parents/carers are aware of the need to provide healthy foods
* Providing fresh drinking water that is available at all times
* Discussing with parents/carers on a regular basis their child’s needs and updating records accordingly
* Planning our snack menus in accordance with the Children’s Food Trust’s Voluntary Food & Drink guidelines for early year’s settings in England - ‘Eat Better Start Better’
* Ensuring that menus are varied that children, parents/carers are consulted
* Making every effort to help educate the children, parents/carers about the important of a healthy balanced diet, and the importance of a healthy lifestyle through a variety of opportunities and activities
* Working with required agencies to ensure all requirements are met with regard to the handling and preparation of food
* Ensuring that children are offered food and snacks according to parents/carers wishes, culture and medical requirements and individual needs
* Display information about meal and snack time
* Informing parents/carers of the storage facilities for food and drinks
* Ensuring that children are offered age appropriate utensils
* Providing meal times that are social times where children feel comfortable, staff participate and independence is encouraged

We will make every effort to help educate the children, parents/carers about the importance of a healthy balanced diet.  We will take into consideration culture, religious and other dietary requirements when planning our menus and by working in close partnership with parents/carers will ensure that we meet their child’s particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

**Food and Drink Preparation**

All staff at Pegasus Childcare Centre have a duty and responsibility for the correct maintenance of food and drink preparation areas.

* Staff will undertake appropriate food hygiene training both external and internal
* The management team will be confident that those responsible for preparing and handling food are competent to do so
* Surfaces will be cleaned before and after any food/drink preparation
* Any faults or breakages will be reported to the manager
* Equipment will be checked regularly as per regulatory requirements
* The setting will hold the required Environmental Health Certificate
* In the unlikely event that food poisoning occurs affecting two or more children looked after on the premises we will notify Ofsted as soon as practically possible but in any event within 14 days of the incident
* Staff are not allowed to warm food up for children

**Oral Health**

We aim to help children and families understand the importance of Oral Health.

We do this by:

* Talking about healthy eating and what is good or bad for your teeth
* Talking about why it is important to brush their teeth
* Using resources and equipment to help with children's learning
* We invite local dentists in from the local community to have a speak about oral health

***This Policy and Procedure has been adopted by Pegasus Childcare Centre***

**Signatures on behalf if the setting by:**

…………l………………………. **Chairperson**

…………Paige Shackleton……………………. **Manager**

…………Emma Thornalley……………………. **Deputy Manager**

**Date of Implementation** - September 2017

**Date  Reviewed**- September 2019          **Date Reviewed and updated** - September 2021

**Date Reviewed** - ……………………………                 **Date Reviewed** - ……………………