

### HEALTHY EATING POLICY

*WRITTEN BY RACHAEL DUNPHY | DATE: 16/09/2023*

I take pride in my healthy food and drink provision. I am committed to offering children healthy, nutritious food, which meets their individual dietary requirements as advised by their parents. All food is freshly prepared, using best quality ingredients where possible and presented well. Portion sizes are reasonable and children are never asked to clear plates, as I am aware of the risks of over-eating.

**Meals and snacks provided by parents:** All meals and snacks are included within children's care at Windy Nook Childminding. Menus are organised in advance so that parents have the opportunity to send a child with a meal or snack when the option is not suitable for whatever reason. Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.

**Teaching children:** I teach children about healthy eating and drinking as part of our daily routine. Children help to buy, prepare and cook food and enjoy helping in the kitchen. Continuous risk assessments help to keep children safe in the kitchen and when they are cooking.

**Special food:** Food is often used as part of a festival, birthday or celebration and I sometimes offer children food which might not be considered healthy, such as cakes for a birthday party. If parents have a concern about this, they should let me know.

**Water:** Fresh drinking water must be available and accessible at all times. Fresh drinking water is provided in a plastic cup or the child's school water bottle, and is accessible for all the children. The children will only drink from their own bottle/cup and can re-fill it at any time, with or without support, depending on their age.

**Dietary requirements:** As part of induction, I ask parents about their child's dietary needs. I consider likes, dislikes, allergies, intolerances, religious and cultural needs when planning menus – see menu for more information. I keep this information regularly updated. If I am told that children need food at times other than my usual mealtimes or different from my usual menu items to accommodate medical needs, I will make any reasonable arrangements to support them.

**Food poisoning:** Registered providers must notify Ofsted of any food poisoning affecting two or more children looked after on the premises. Notification must be made as soon as is reasonably practicable, but in any event within 14 days of the incident. A registered provider, who, without reasonable excuse, fails to comply with this requirement, commits an offence.

I am aware of the requirements under the Public Health (Infection Diseases) Regulations 1988 regarding food poisoning and the requirement to inform Ofsted, acting on advice given by the Health Protection Agency. If I have to make a report, an incident record will be completed.

**Food hygiene and safety:** There must be an area, which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary. There must be suitable facilities for the hygienic preparation of food for children. Providers must be confident that those responsible for preparing and handling food are competent to do so. In a childminding setting, all staff involved in preparing and handling food must receive training in food hygiene.

I am registered with the Local Authority Environmental Health department as a food provider. I use the guidance 'Safer Food Better Business for Childminders' from the Food Standards Agency. I am aware of the requirement to report food poisoning affecting two or more children cared for on the premises.

**If you have any questions about my policy/procedures or would like to make any comments, please ask.**

SIGNED

DATED

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