Fledglings Day Nursery

# Healthy Eating Policy

Date Reviewed: August 2023

Review Due: August 2024

Reviewed by: Miss A West

## 1 Introduction

The revised EYFS (Sept 2014) requires all providers to ensure that children are provided with healthy and nutritious food.

Healthy eating in the early years helps to safeguard health and well-being throughout life as it supports children developing healthy habits when they are first learning about food.

## 2 Aims and objectives

The aim of this policy is to encourage children to develop a positive attitude to food and healthy lifestyles.

The objective of this policy is to promote and raise awareness of healthy eating to parents/carers and children.

1. **Healthy eating policy**

We are sensitive to the needs of children with specific dietary needs, including religious considerations. We will ensure that food provision in the school/setting acknowledges the ethical and medical requirements of all staff and children for example, religious, vegetarian, medical and allergic needs.

**3.1** To meet the requirements of the EYFS we will ensure all our children are well nourished at the school/setting and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply throughout the day.

**3.2** Parents/carers will be asked about any special dietary requirements their child has before their child starts at the school/setting.

**3.3** Parents/carers of children who have special diets or who have food intolerances or special health requirements are responsible for providing the school/setting with information about their diet and choices available.

**3.4** We record and act on information from parents/carers about a child's dietary needs. All records are updated regularly and menus are carefully planned and adapted accordingly. This is achieved through adopting a whole school/setting approach which encompasses children, their families and staff.

**3.5** We recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to encourage healthy eating habits for life.

**4 Food preparation**

Within our school/setting we have an area that is adequately equipped to provide healthy meals, snacks and drinks for children. This includes suitable facilities for the hygienic preparation of food for children.

**4.1** All staff involved in the preparation and handling of food are confident and responsible to do so and have received training in food hygiene.

**5 Food poisoning**

We are aware of procedures and, as required, will notify ISI and Ofsted of any food poisoning affecting two or more children looked after on the premises. We will make this notification as soon as is reasonably practicable, but in any event within 14 days of the incident.

**5.1** We are aware that without reasonable excuse, failure to comply with this requirement constitutes an offence.

**6 Monitoring and review**

This policy was agreed and implemented in August 2023 and is due for review in August 2024.

There will be ongoing monitoring of this policy as some aspects may require amending/updating before the review date should there be any incidents which take place relating to it that give cause for concern.

**Name: Miss A West**

**Signed: A West**

**Date: August 2023**