**Healthy Eating Policy**

A nutritious and balanced diet is vital for children for healthy growth and development. When a child starts to attend my setting I will always find out from the parents their child’s dietary needs, including any allergies they may have. All dietary requirements will be recorded in their registration record. This important information will also be displayed in the utility area in the cupboard to ensure children only receive food and drink according to their needs.

I aim to provide nutritious and healthy meals, snacks and drinks to meets the children’s individual dietary requirements. I will avoid large quantities of fat, sugar and artificial additives, preservatives and colourings. No salt is added to the food.

I encourage children to make their own healthy food choices and there will be opportunities for children to experience new foods from other cultures.

Older children will be encouraged to help with food preparation. Meal times are important times to encourage social interaction between the children and to develop a child’s independence, for example; serving food and drink and feeding themselves.

I do not encourage children to eat sweets on a regular basis, however if it is a special occasion, I may offer treats providing I have parental permission.

For the children aged 4 and under ALL meals and snacks will be recorded on the child’s daily care diary so you aware of the food and the amounts your child has eaten. It will also contain the allergens information for all of the meals.

Before handling ANY food, hands will always be washed thoroughly.

All equipment used by children under 1 year of age will be sterilised in the appropriate manner.

If there is any food poisoning affecting two or more children looked after by myself, I will notify Ofsted as soon as is reasonably practicable, but within 14 days.

If you have any concerns that you may have please discuss them with me.