

Policies and Procedures: Healthy Eating.

A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise.

I am happy to provide all children in my care with healthy meals (at an added cost of £1.50 per meal), snacks and drinks or to lay out packed lunches provided by a parent. I encourage children to choose healthy options and to experiment by trying new foods from a variety of cultures. Older children are encouraged to help with the preparation of food and meals and all children are encouraged to suggest food ideas for snacks and meals where appropriate. I am happy to discuss menus with parents and cater for children with different requirements. Please bring me your child's favourite recipe upon starting, to add to our collection of meals. If your child has any particular dislikes or favourites, please let me know.

I will record what your child has eaten and approximate amounts in the daily contact diary until they are 3. After their third birthday, I will only inform you if it is a change to your child's normal appetite. What the children have had for all meals and snacks is written on the wipe board opposite the door. If you have any concerns regarding diet/menu/quantity, please do not hesitate to discuss it with me.

I am happy to support you if you are weaning your baby. I have a blender and am willing to make pureed dishes if required.

I do not permit children to have fizzy drinks or juices that are high in un-natural sugars, unless it is a special occasion and you have given permission. Children are offered water, milk and sometimes natural fruit juices.

I do not encourage children to eat sweets on a regular basis, however I do sometimes offer sweets for special occasions and to help with counting when we take visits to the village shop (Eg count out three 1p sweets/you can have 10p worth). Please let me know what, if any sweets, you do not permit your child to eat and I will provide your child with an alternative so to help your child feel included.

If you provide a packed lunch for your child, please be aware of the food safety rules that I must follow in the setting as all the food served is ultimately my responsibility.

- All items for consumption must be within date including both dry and perishable foods. If any items are out of date they will not be given to your child, they will be discarded and you will be informed.

- Any food not consumed on the same day will be discarded for hygiene reasons. You will however be told if your child hasn't eaten anything. Special measures can be put in place for children with eating disorders whose food intake needs to be regulated by parents at the end of the day.
- Lunches must come in a lunch box (no bags) and will be stored in a cool environment.
- Packed lunches must be in line with healthy lunch guidelines. I will ensure that children know what this consists of through activities carried out at the Barn and if you would like any more information I am happy to provide this.
- Packups must not contain any foods which other children have severe allergies to. For example no nuts if we have a child with a nut allergy. If there are any changes to foods allowed in the setting you will be informed via email.

On most days I will wash pack up boxes before sending them home to help keep a hygienic setting. When we are out for day trips this may not be possible.

If your child cannot have certain foods for religious or medical reasons I will accommodate these needs wherever possible. Please be specific in what your child can/cannot have Eg if allergic to gluten can they have oats, can they play with playdoh? If vegetarian can they have gelatine, can they play in hair gel?

If your child has dietary requirements that are a personal choice (eg only organic) you may be asked to pay an additional cost towards meals.

First Written: 1st January 2013 Last Updated: 28th September 2018 Signed:

Date Reviewed	Signed	Date Reviewed	Signed