



HEALTHY EATING POLICY

A good balanced diet is vital for children's development, along with fresh air and regular exercise.

I provide good quality meals, snacks and drinks on a daily basis. Equally, I am happy to cook/serve food provided by parents/carers; if you provide food for your child, please follow healthy eating guidelines.

I follow the Government's '5 a day' guidelines and talk to the children about the importance of this in their daily diet.

I encourage the children to try foods that they may not have tried before and to make healthy food choices. I also engage the children in the choosing, purchasing and preparation of food.

Parents/carers of small babies are asked to provide pureed baby food and formula, which can be made as needed, or breast milk bottles, which will be correctly refrigerated until they are required.

Children are offered water or milk with their meals or snacks. Fresh drinking water is available at all times.

On special occasions e.g. birthday celebrations, the children may be offered party food with permission from parents/carers.

I am happy to discuss menus with parents/carers and cater for children with food allergies/special diets and cultural/religious requirements. Specific requirements need to be included on your child's information form. In some cases parents/carers may be asked to provide food themselves.

Parents/carers will be advised daily as to what their child has eaten. If you have any concerns regarding diet/menu/quantity please do not hesitate to discuss it with me. I will sit and eat with the children and provide a good role model for healthy eating. Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.

I hold a current food hygiene certificate and will continue to update this as is recommended. This ensures I have a full understanding of the safe preparation and storage of food.

If you have any concerns I will be happy to meet and discuss them with you.

Childminder's signature: _____ Date: _____

Review date: _____