



Healthy Eating & Food Policy

April 2020

Review April 2022

The Acorn Childcare Centre (the Centre) is committed to meeting the EYFS welfare requirements and the individual needs of children attending the Centre. We aim to do this by:

- Discussing with parents on their child's entry to the setting their individual dietary needs, any allergies and any religious requirements.
- Recording information about individual children and ensuring that all staff are aware of those needs.
- Providing nutritious food using fresh produce.
- Ensuring that where children bring packed lunches parents are aware of the need to provide healthy foods.
- Holding discussions with parents regarding their children's needs on a regular basis and updating records accordingly.
- Ensuring that menus are varied, following guidance from the Children's Food Trust 'Eat Better, Start Better', that children and parents are consulted and that menus are displayed.
- Ensuring that children are offered food and snacks according to the wishes of parents, cultural and medical requirements and individual needs.
- Displaying information about meal and snack times.
- Informing parents of the storage facilities for food and drinks.
- Providing parents, with children under the age of five with daily information regarding food and drink intake.
- Ensuring that children are offered age-appropriate utensils.
- Providing meal times which are social times where children feel comfortable, staff participate, and independence is encouraged.
- Working with required agencies to ensure all requirements are met with regard to the handling and preparation of food.
- Making every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle.
- Taking into consideration cultural, religious and other dietary requirements when planning our menus, and by working in close partnership with parent/carers to ensure that we meet their child's particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

Food and Drink Preparation

- All Staff at the Centre have a duty and responsibility for the cleanliness and correct maintenance of food and drink preparation areas.
- Designed staff members will undertake appropriate food hygiene training both external and internal.
- Surfaces will be cleaned before and after any food/drink preparation.
- Food and drink preparation areas will be used solely for that purpose.
- Faults and breakages will be reported to the Centre Manager.
- Equipment will be checked regularly as per regulatory requirements.
- The setting will hold the required Environmental Health certificate.
- The Centre will inform Ofsted/Environmental Health of any suspected cases of food poisoning affecting two or more children as soon as possible, but within 14 days