



# MELISSA'S CHILDCARE

## HEALTHY EATING POLICY

### Commitment to Healthy Food Provisions

I take pride in offering a healthy and nutritious food and drink service for all children in my care. In line with the Early Years Foundation Stage (EYFS) requirement 3.45, all meals, snacks, and drinks provided are balanced, nutritious, and appropriate to each child's needs.

### Meals and Snacks

- All food is freshly prepared using high-quality ingredients whenever possible.
- Portion sizes are age-appropriate, and children are not encouraged to "clear their plates" to avoid promoting overeating habits.
- I respect individual dietary requirements as advised by parents, including allergies, intolerances, religious or cultural needs, and personal preferences.
- Fresh drinking water is always accessible in age-appropriate cups for all children throughout the day.

### Supporting Healthy Choices

- Children are taught about healthy eating and drinking through everyday routines.
- They are encouraged to take part in food shopping, preparation, and cooking to develop an understanding and appreciation of healthy foods.
- Risk assessments are in place to ensure children's safety in the kitchen and during food-related activities.

### Celebrations and Occasional Treats

- Food may be used to mark special occasions such as birthdays, festivals, or cultural events.
- On these occasions, treats such as cakes may be offered. If parents have any concerns, they are encouraged to discuss them with me in advance.

### Working with Parents

- During the induction process, I gather detailed information about each child's dietary needs.
- This information is reviewed regularly to ensure it remains current.
- I will make reasonable accommodations for children who require meals at different times or food different from the standard menu for medical reasons.

### Food Safety and Hygiene

- I am registered as a food provider with the Local Authority Environmental Health Department.
- I follow the Food Standards Agency's guidance *Safer Food, Better Business for Childminders*.
- I hold a Level 2 Food Hygiene Certificate.
- Baby feeding equipment can be sterilised using either hot or cold-water methods.



- In accordance with the Public Health (Infectious Diseases) Regulations 1988, I understand the requirement to report suspected food poisoning involving two or more children. Such incidents will be recorded and reported to Ofsted following advice from the Health Protection Agency.

