



GROWING AND LEARNING TOGETHER

Healthy Eating Policy

Little Jesters are committed to meeting the EYFS Welfare Requirements and the individual needs of children attending. 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
- Discussions with parents regarding their children's needs on a regular basis and updating records accordingly
- Ensuring that children are offered food and snacks according to parents' wishes, cultural and medical requirements and individual needs
- Displaying information about meal and snack times
- Informing parents of the storage facilities for food and drinks
- Ensuring that children are offered age appropriate utensils
- Providing meal times that 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

We will make every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle.

Food and Drink Preparation

All Staff at Little Jesters have a duty and responsibility for the correct maintenance of food and drink preparation areas:

- Staff will undertake appropriate food hygiene training both external and internal
- Surfaces will be cleaned before and after any food/drink preparation
- Faults and breakages will be reported to the manager
- Equipment will be checked regularly as per regulatory requirements