**Healthy Eating Policy**

Branston Little Pickles is committed to meeting the EYFS Safeguarding and 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 or intolerances and any religious requirements.

Recording information about individual children and ensuring that all staff are aware of those needs.

* Providing nutritious snacks using fresh produce.
* Providing fresh drinking water that is available at all times.
* Ensuring that where children bring packed lunches parents are aware of the need to provide healthy foods.
* Discussing with parents on a regular basis their child’s needs and updating records accordingly.
* Ensuring that children are offered food and snacks according to parents’ wishes, cultural and medical requirements and individual needs.
* Informing parents about snack times
* Informing parents of the storage facilities for food and drinks.
* Providing meal times/lunch times that are social times where children feel comfortable, staff participate and independence is encouraged.
* By recognising that ‘Children start learning about food at a very early age’. The messages they receive during this time lay the foundations for the choices they make about food as they move up to school and beyond.’ (Quote from the Children Food Trust)
* 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 through a variety of opportunities and activities.
* Working with required agencies to ensure all requirements are met with regard to the handling and preparation of food.

 **Food and Drink Preparation**

All Staff at Branston Little Pickles Pre-School have a duty and responsibility for the correct maintenance of food and drink preparation areas.

* All staff involved in preparing and handling food will receive training in food hygiene.
* The management team will be confident that those responsible for preparing and handling food are competent to do so.
* 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 manager.
* Equipment will be checked regularly as per regulatory requirements.
* The setting will be registered and hold the required Environmental Health certificate.
* Fridge temperature will be recorded on a daily basis.

If in the unlikely event, that food poisoning occurs affecting two or more children looked after on the premises we will notify Ofsted as soon as is practically possible but in any event within 14 days of the incident.

This policy has been adopted by Little Pickles Pre School

Signed on behalf of the setting by:

Holly Murphy (Chairperson) Date: …………February 2023……………………….

Jodie Cook (Manager) Review Date: February 2024