Food and Healthy Eating Policy

I promote healthy eating and to this end I have been on a Healthy Eating and Nutrition for the under-fives course. I attend a Food Hygiene course every 3 years to make sure that we have all the up to date relevant information.

In the interest of the children’s health, all food allergies and requirements should be made known to me on the registration forms. Normally parents supply bottles of milk, baby food, a packed lunch and/or dinner. However, I provide snacks during the day, we do various cooking/tasting activities and have messy play with food items (such as jelly, spaghetti, rice etc). If required I can also provide lunch and/or dinner.

I will inform parents of the food the child(ren) have eaten that day. This information will be given verbally and/or in the child’s daily diary. I have also got a chart of the food I have provided to the children. This chart shows the list of allergens in each food item, and the date each food item was provided. The parents can look at and have a copy of this chart if they so wish.

I have a “Safer food for better business for childminders” folder, provided by the Food Standards Agency, that I follow. I also check the temperature of our fridge every day. Any issues with the fridge temperature are then recorded along with the action I have taken to rectify the problem.

I also follow the guidance in “Infection, Prevention and Control for Childcare Settings (0-5 years)” (produced by Public Health Wales) in the storage, preparation and serving of food, milk and drinks.

Note: This is a nut-free setting. Parents are required to not allow any nuts or products containing nuts into the setting.

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