



Healthy Eating

The EYFS says:

3.47 Where children are provided with meals, snacks and drinks, they must be healthy, balance and nutritious.

Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. Fresh drinking water must be available and accessible at all times. Providers must record and act on information from parents and carers about a child's dietary needs.

3.48 There must be an area which is adequately equipped to provide healthy meals, snacks and drinks for the children as necessary. There must be suitable facilities for the hygienic preparation of food for children, if necessary including suitable sterilisation equipment for babies' food. Providers must be confident that those responsible for preparing and handling food are competent to do so. In group provision all staff involved in preparing and handling food must receive training in food hygiene.

3.49 Registered providers must notify Ofsted or the childminder agency with which they are registered of any food poisoning affecting two or more children cared for on the premises. Notification must be made as soon as is reasonably practicable, but in any event within 14 days of the incident. A registered provider, who, without reasonable excuse, fails to comply with this requirement, commits an offence.

I ask parents to:

- Respect the healthy eating ethos of the setting and not allow your child to arrive with sugary drinks or treats
- Respect that some children have food allergies and not send food with your child without checking that it is ok first.

I will:

- Have regard for the Voluntary Food and Drink Guidelines for Early Years Settings and use the guidance to plan menus for the setting.
- Ensure children have access to fresh drinking water at all times.
- Promote meal times as a social event encouraging children to sit at the table, use good manners, a knife and fork and ask older children to be role models for younger children.

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- Encourage children to make choices for themselves by providing a variety of options for snacks that children are able to select for themselves.
- Be fully supportive of mothers who want to continue breastfeeding and are happy to accept breast milk in bottles. All milk must be supplied for babies under 1 year of age.
- Meals are served as follows as we request parents not to collect their children during these times as it disrupts meal times.
 - Breakfast 8-8.30, Snacks 10am and 3.30pm, Lunch 11.30-12pm, Tea 5.00pm
- Offer children fruit and yoghurt/fromage frais if children are still hungry after their main course.
- Ask children to help with food preparation (where appropriate) or laying the table
- Work with parents to provide suitable food for children with special dietary requirements, however for children with multiple and complex requirements it might be more suitable for parents to provide food.

Written Sep 2014 by Jodie McTear/Little Cubs Childminding Wotton Under Edge