Sue Scarbro's Nutrition Policy

Rationale

I understand that it is important to help children develop patterns of healthy eating and drinking from an early age. Children need to eat a variety of foods including fruits, vegetables and fluids to make sure they get all the dietary components they need to grow and develop healthily.

Procedure

Parents/carers will be asked to provide written information about any dietary requirements due to allergy, culture or lifestyle choice and these will be acted upon. I encourage an interest in trying new foods while helping them to learn which foods help to keep our bodies strong and healthy and which foods need to be eaten less frequently.

I have clean and age-appropriate crockery and eating utensils however, I will respect the parent/carer's diverse needs culturally or lifestyle choices about eating practices e.g. eating with fingers. I will carry out good hand-washing procedures when handling food and ensure the children are aware of how and when to wash their hands.

Parents will be informed about the foods their child has been offered and eaten from their lunch box, and I will offer savoury items before sweet ones.

Fresh drinking water is available at all times. Sweets and treats are offered occasionally if parents/carers agree, and always after meals in order to not affect a child's appetite.

If there is an outbreak of food poisoning affecting two or more children looked after on my premises, I will report this to Ofsted as soon as is reasonably practicable, but in any event within 14 days of the incident. I will also inform the local Environment Heath Department.

Childminder's Signature: SScarbro

Date: January 2025