



## Food and drink

It is my policy that when children are provided with meals, snacks and drinks, in my setting these must be healthy, balanced and nutritious. Those responsible for the preparation and handling of food must be competent to do so and I/we follow the Government COVID 19 guidance.

### **Procedure (how I will put the statement into practice)**

- Before a child is admitted I will obtain information about any special dietary requirements, preferences and food allergies, and any special health requirements
- I will collect record and act on information from parents about a child's dietary needs.
- Where parents provide meals for their children to eat in my setting, I will provide chilled storage for packed lunches and appropriate storage areas for other foodstuffs.
- Any food containers brought into the house will be wiped with antibacterial spray and stored in line with Government guidance.
- I will also provide children with clean, age-appropriate crockery and eating utensils. In order to minimise the risk of infection (particularly COVID 19) I will ensure children's plates and cutlery are cleaned and disinfected regularly.
- I will respect the diversity of practice around mealtimes e.g. use of chopsticks or fingers for eating, while following appropriate hygiene practices.
- I will provide children with healthy snacks and drinks as appropriate, following NHS and government guidelines. Children will be able to prepare their own snacks but these won't be shared with others.
- Fresh drinking water will be available at all times.
- As a provider of snacks I am aware of my responsibilities under food hygiene legislation. This includes, if necessary, registration with the relevant Local Authority Environmental Health Department. If this is the case then I am happy to have my premises inspected by a food safety officer.

I will detail any allergens that are present in the food that I prepare for children in accordance with EU Information for Consumers Regulation 2014 and detailed on [www.food.gov.uk](http://www.food.gov.uk). This information will be shared with parents/carers

- I will list any allergens in ingredients that are present in any food that I produce, or provide for the children. I will also be aware when I take children out to eat at other settings. All registered food businesses have to comply with the legislation so I will make sure I am aware of any allergens and make this part of my risk assessment.

- I will keep pets out of the food preparation area at all times. If a family pet does gain access to this area, then I will ensure that all work surfaces and cooking utensils have been thoroughly cleaned before any food preparation or food handling takes place.
- Baby changing facilities will not be near food preparation areas.
- I will ensure suitable sterilisation equipment is used for babies' food.
- I will ensure that I, and everyone caring for children, as well as the children themselves, are aware of good hand washing procedures and how these are carried out. Hand washing procedures will be carried out regularly throughout the day. Where this isn't possible then sanitising hand gel will be used.
- I will not undertake laundry during times of food preparation, and I will ensure that any detergents or soiled clothing will not come into contact with food preparation areas.
- If there is an outbreak of food poisoning affecting two or more children looked after on my premises, I will notify Ofsted as soon as possible but definitely within 14 days of the incident occurring in order to comply with regulations. This includes incidents which occur outside childcare business hours (e.g. at home).
- I will keep all food receipts, including those under £10, so that if there is an outbreak of food poisoning on my premises I will be able to trace the outlet where the food was purchased.

**I use the safer food, better business for childminders pack**

A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise.

I am happy to provide all children in my care with healthy snacks and drinks, or to serve food provided by their parents.

I encourage children to choose healthy options and to experiment by trying new foods from other cultures. Older children are encouraged to help in the preparation of food and meals. I am happy to cater for children with different food allergies and cultural/religious requirements when supplying snacks. If your child has any particular dislikes or favourite snacks please let me know.

I am happy to support you if you are weaning your baby.

I do not permit children to have fizzy drinks! Children are offered water, milk or fruit juices including cordial.

I do not encourage children to eat sweets on a regular basis; however I do sometimes offer sweets for special occasions. Please let me know what, if any sweets you permit your child to eat.

I have read and understand the food and drink policy.

Written by Emma Marshall

Updated: FEB 2024

***I will handle all data as required under GDPR Guidance***