



## Food and Drink Policy and Procedure

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, healthy meals, snacks and drinks, or to reheat food provided by their parents.

I encourage children to choose healthy options and to experiment by trying different foods. I am happy to discuss menus with parents and cater for children with food allergies and cultural/religious requirements. Any special dietary requirements will be recorded in your child's file. If your child has any particular dislikes or favourite dishes please let me know. If a parent prepares a packed lunch I would respectfully ask that no chocolate or sweets are included.

All food and drink will be consumed at the table and we will all sit and eat together at meal times to ensure that this is a regular, pleasant and social event. I sit with the children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc.

As a food provider I am aware of my responsibilities under food hygiene legislation and have registered with the Environmental Health Department. I am happy to have my premises inspected by an Environmental Health Officer.

Baby changing facilities will not be near food preparation areas.

Laundry will not be carried out during times of food preparation and any soiled clothing or detergents 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 reasonably practicable but in any event within 14 days of the incident occurring in order to comply with regulations.

I completed a food safety course in June 2017.