

**Healthy Eating Policy & Procedure**

When planning snacks for the children I will take into consideration the child’s age, abilities, likes and dislikes, and time spent in my care, however, my priority will always be to provide a healthy, balanced and nutritious diet.

I encourage parents to follow the healthy eating approach when providing any meals/food for their child.

I will give the children opportunities to try different foods, depending on the season, cost, likes and dislikes.

I will provide opportunities to have an adequate fluid intake during their time with me by offering drinks at meal times, after physical activities, extra drinks during hot weather and offering drinks in between meal times, or if old enough when requested.

Fresh drinking water will be available at all times and I will encourage children to drink water or milk.

We will sit together at the table for meals and children will be encouraged to sit down to eat their snacks.

I will ensure I use suitable sterilisation equipment for baby’s food and bottles.

As a provider of meals and snacks I am aware of my responsibilities under Food Hygiene legislation. I have completed the Food Hygiene Qualification. I am registered with the Wiltshire Council as a food establishment and I am happy to have my premises inspected by a Food Safety Inspector.

**Food Poisoning.**

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 in any case within 14 days of the incident occurring in order to comply with regulations.