



Healthy Eating policy

Policy statement: Healthy Eating

It is our policy that all meals, snacks and drinks, consumed by children while at "La Casita" must be healthy, balanced and nutritious. **These should include packed lunches provided by parents.**

Procedure

- We will obtain, record and act on information from parents about children's dietary requirements and any possible allergies.
- Parents who wish to do so, will provide meals for their children to eat in our setting. Chilled storage for packed lunches and appropriate storage areas for other foodstuffs will be available.
- Formula milk and milk bottles must be provided by the parent. We will follow parent's instructions for preparation, warming and feeding.
- We have a lunch catering (included for non funded children and optional for funded children) provided by "Little tums" (www.littletums.co.uk). This include a variety of food such vegetables, bread, meat, fish and alternative options, pasta, fruit and dairy free menus.
- We will also provide clean and age appropriate crockery and cutlery to enable the children to eat their snacks and packed lunches.
- All snacks provided at "La Casita" will be healthy and nutritious. These will include fresh fruits, dried fruits, cereal, oat and rice cakes...
- **Chocolate, crisps and sweets will not be given as snacks. Please avoid these items in your child's packed lunches.**
- **Do not include nuts or nut derivates (such as peanut butter) in pack lunches. We have children severely allergic to nuts.**
- Fresh drinking water will be available at all times.
- Food preparation areas will not be near changing facilities.
- If there is an outbreak of food poisoning affecting two or more children looked after on our premises we will notify Ofsted as soon as possible but in any event within 14 days of the incident occurring in order to comply with regulations.