



Healthy Eating and Food Hygiene Policy

At Puddle Ducks we provide healthy snacks and drinks.

We ask that parents and carers provide their child with a named water bottle for them to use. These may only contain water, no juices or squash please as these are not good for children's teeth.

Sometimes we may offer food activities as part of our curriculum involving foods and/or drinks, such as cooking, baking and tasting.

Any foods and drinks provided to children in our setting will be healthy and nutritious, contributing to a balanced diet. This is a requirement of childcare settings, as stated in the Early Years Foundation Stage (EYFS) Statutory Framework. We will also follow safety guidelines, as set out in the Help for Early Years Providers guidance.

Why is a healthy diet important?

‘Children’s food preferences and eating habits are formed early in life with consequences for a range of health and development outcomes in later life. It is therefore important that the food offered in early years settings provides appropriate amounts of energy and nutrients and encourages the development of healthy eating habits in young children, both to support appropriate growth and development, and as part of national priorities to reduce childhood obesity and ensure every child has the best start in life.’

(Page 4, Example Menus for Early Years Settings in England)



Will my Child's Food Preferences and Dietary Requirements be Catered for?

We will obtain, record and act upon information from parents/carers about their child's dietary requirements, any food allergies/ intolerances and particular preferences. When planning activities that involve foods and/or drinks, we will do my best to cater to vegetarians, vegans, pescetarians, Halal, etc. Please see our [Allergen Policy](#).

Packed Lunches

Parents/carers must provide meals for their children to eat in our setting. We provide chilled storage for refrigerated items, where necessary.

In the interest of safety and children's health, there are a few items that should not be included in lunchboxes:

- Glass bottles and jars
- Any drinks other than water
- Foods with a very high salt content
- Chocolate, sweets and foods with a high sugar content
- Pre-cooked foods that, when not cooled and/or stored correctly may pose a potential food poisoning risk (e.g. rice, cooked meat)
- Foods that may present a choking risk (such as whole nuts, uncut grapes, popcorn, etc)*
- Nuts

Further information about choking hazards and food preparation can be found on the Food Standards Agency web page.

Unsuitable foods will be sent home with the child at the end of their session. Children may not bring in celebration cakes such as birthday cakes as they are not nutritional for children.

If a child regularly brings meals from home high in fat/sugar/salt and does not have enough nutritional value, this will be discussed with parents/carers.



If they struggle to provide a balanced diet due to selective eating or for medical reasons, we will recommend they access support via their health visitor or GP.

If a child struggles to eat a healthy, balanced diet, we will work with parents/carers to support them in gradually adapting this to incorporate more nutritious foods and drinks. If a child's diet can cause health issues, we recommend that the family seek advice from a medical professional, such as a paediatrician or nutritionist.

We have plenty of healthy packed lunch ideas to share with parents and carers.

How do we prevent choking?

We follow the government's guidance in Help for Early Years Providers to minimise the risk of a child choking. This includes asking parents/carers to prepare their child's foods in an appropriate size and shape and supervising children closely during snack and meal times. Children will be within sight and hearing during these times, with an adult facing them. All children will sit on age-appropriate chairs.

If a child were to start choking, we are trained to perform the necessary emergency first aid. We would also contact parents/carers immediately, suggesting that they seek follow-up medical advice.

If a child becomes ill after eating at our setting

If there is an outbreak of food poisoning affecting two or more children looked after on our premises following eating foods provided by ourselves, We will notify Ofsted as soon as possible, within 14 days of the incident, to comply with regulations.

How will food be prepared hygienically?

All food will be prepared in a suitably hygienic area and any staff handling food will be familiar with the food hygiene and storage practices set out by the Food Standards Agency for Safer Food, Better Business.



Puddle Ducks Nursery
Salehurst

As a provider snacks, we are aware of our responsibilities under food hygiene legislation. This includes, if necessary, registration with the relevant Local Authority Environmental Health Department.

If this is the case, we are happy to have our premises inspected by a food safety officer. By following Safer Food, Better Business guidelines, we will ensure that we meet hygiene standards with regard to food storage and preparation.