

Diet Policy and Practice

I would like all children in my care to eat well, and enjoy their food. The sharing of food can play an important part in the social life of your child as well as reinforcing the child's understanding of the importance of healthy eating.

I will ensure that:

- . All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings as recommended by the Food Standards Agency.**
- . Your child's child medical and personal dietary requirements are respected as stated in your child's records.**
- . Dietary rules of religious groups and also of vegans/vegetarians will be researched where appropriate.**
- . Milk will provided for your child pasteurised, and any alternative provided will be at the parent's discretion.**
- . Water will be made available to all children at all times.**
- . Pets will be kept out of the Food preparation area at all times.**
- . I will ensure that my Food Safety training is up-to-date by repeating the training at least every three years. Certificate displayed in my Kitchen area.**
- . I will provide clean and age appropriate crockery and cutlery to enable the children to eat a packed lunch or prepared meals.**
- . 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.**

Where parents provide children with their own meals, I will provide chilled storage for packed lunches and appropriate storage areas for other foodstuffs. Temperatures are monitored regularly

Fresh drinking water will be available at all times

I last attended a Food Safety course on 10th September 2007.
I will up-date my training every three years