



Healthy Eating Policy

Denmead Day Care LTD is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The manager and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.

When preparing food and drink, staff will be mindful of the provisions Health and Safety policy.

At least one member of staff will hold a Food Safety in Catering certificate and is fully trained in food storage, preparation, cooking and food safety.

Parents and carers are required to complete the registration form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink. These children will be on a confidential list in the kitchen so that all staff members are aware.

No child will ever be forced to eat or drink something against their will.

Children will be encouraged to eat their main food at lunch before they eat the rest. The order of food which we encourage is main food, fruit/veg followed by treat food. If no fruit has been provided, then we will offer some.

The staff will make every effort to promote healthy eating and will lead by example.

- DDC Wrap and Holiday Club will comply with the School's Food Trust Guidance
- Staff will discuss with children the importance of a balanced diet where appropriate
- Staff will ensure that snack time incorporates plenty of fruit, low fat, and low sugar food
- Meat, vegetarian and vegan options will be available
- Good quality brown and white bread will be offered
- Staff will not regularly provide sweets for children
- Excessive amounts of fatty or sugary foods will be avoided
- Staff will provide a choice of healthy drinks- milk and water
- Fresh drinking water will be always available
- Dietary requirements will be met by embracing medical, cultural, and religious needs
- Children will be introduced to different religious and cultural festivals and events through different types of food and drink
- Children will eat food in a smoke free environment
- Staff will work with parents and advise on healthy and appropriate lunch/dinner options.
- HCC follow same guidelines as school catering.
- Nursery to provide a healthy menu of hot food at lunch provided in house.
- Menu released to parents and carers.

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