



03 Food safety and Nutrition Procedures

03.04 Menu Planning and Nutrition

Food provides a healthy, balanced diet for growth and development. Foods containing any of 14 allergens identified by the FSA are identified the lunch trolley that is displayed for parents/carers.

- Parents/carers must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents/carers.
- Staff refer to [Help for early years providers : Food safety](#) which includes:
- Eat Better, Start Better - Foundation Years.
- The Manager maintains a record of children's dietary needs in a Food Allergy and Dietary Needs folder.

Packed lunches

Where children have packed lunches, staff promote healthy eating, ensuring that parents/carers are given advice and information about what is appropriate content for a child's lunch box. Parents/carers are also advised to take measures to ensure children's lunch box contents remain cool i.e. ice packs, as the setting DO NOT have facilities for refrigerated storage.

Government Healthy Eating Guidance for Children

Children need a wide variety of nutritious foods to help them receive enough vitamins, minerals and healthy fats to aid their growth and development. They also need food to provide enough energy to get them through the day. Nutrient rich foods assist with a child's cognitive development too!

The government provides comprehensive guidance on healthy eating for children, emphasising the importance of a balanced diet and the prevention of obesity.

Balanced Diet: Children should have a diet that includes a variety of foods, such as starchy foods, fruits, vegetables, dairy, and protein sources.

Healthy Eating Habits: Encourage children to develop healthy eating habits early on, as these can impact their long-term health and well-being.

Nutritional Needs: Ensure children receive the right amount of nutrients and energy they need, especially those who might not have access to healthy food at home.

Preventing Obesity: A healthy diet helps prevent children from becoming overweight or obese, which can have long-term health implications.