



Pre-school

Beddington

## 03 Food safety and nutrition procedures

### 03.3 Nutrition

Food supplied for children provides a healthy and balanced diet for healthy growth and development. Foods that contain any of 14 allergens identified by the FSA are identified. The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating.

- Parents 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.
- Staff refer to [Eat Better, Start Better - Foundation Years](#) and [Help for early years providers : Food safety](#)
- The setting maintains a record of children's dietary needs in a Food Allergy and Dietary Needs folder. There is also a chart up on the kitchen cupboard for all staff and volunteers to see.

#### Packed lunches

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