**Healthy Eating Policy**

Munchkins Kindergarten Ltd hold the Healthy Schools Award and are committed to meeting the EYFS Safeguarding and Welfare Requirements and the individual needs of children attending. We aim to do this by:

* Discussing with parents on their child’s entry to the setting their individual dietary needs, any allergies or intolerances and any religious requirements
* Recording information about individual children and ensuring that all staff are aware of those needs
* Providing nutritious meals and snacks using fresh produce
* Providing fresh drinking water that is available at all times
* Discussing with parents on a regular basis their child’s needs and updating records accordingly
* Planning our meal and snack menus in accordance with the Children’s Food Trust’s Voluntary Food & Drink guidelines for early year’s settings in England; ‘Eat Better, Start Better’.
* Ensuring that menus are varied, that children and parents are consulted and that menus are displayed
* Ensuring that children are offered food and snacks according to parents' wishes, cultural and medical requirements and individual needs
* Displaying information about meal and snack times
* Informing parents of the storage facilities for food and drinks
* Providing parents of children under the age of 3 with written daily information regarding food and drink intake
* Ensuring that children are offered age appropriate utensils
* Providing meal times that are a social times where children feel comfortable, staff participate, and independence is encouraged
* By recognising that “Children start learning about food at a very early age. The messages they receive during this time lay the foundations for the choices they make about food as they move up to school and beyond.” (quote from the Children Food Trust)
* Making every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle through a variety of opportunities and activities
* Working with required agencies to ensure all requirements are met with regard to the handling and preparation of food
* Taking into consideration; cultural, religious and other dietary requirements when planning our menus, and by working in close partnership with parent/carers we will ensure that we meet their child’s particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

**Food and Drink Preparation**

All Staff at Munchkins Kindergarten Ltdhave a duty and responsibility for the correct maintenance of food and drink preparation areas;

* All staff involved in preparing and handling food will receive training in food hygiene
* The management team will be confident that those responsible for preparing and handling food are competent to do so
* Surfaces will be cleaned before and after any food/drink preparation
* Suitable sterilisation equipment will be provided to support the needs of safe food preparation for babies
* Food and drink preparation areas will be used solely for that purpose
* Faults and breakages will be reported to the Manager
* Equipment will be checked regularly as per regulatory requirements
* The setting will be registered with and hold the required Environmental Health Certificate and follow the Safer Food Better Business guidance
* Fridge and Freezer will be recorded on a daily basis
* Hot food will be probed and temperatures recorded on a daily basis

If in the unlikely event, that food poisoning occurs affecting two or more children looked after on the premises we will notify Environmental Health as soon as practically possible but in any event within 14 days of the incident.

This policy has been adopted by Munchkins Kindergarten Ltd

Signed on behalf of the setting by:



Rachel Beresford, Owner

Review Date: April 2026