

# Pioneer Childcare

## Healthy Eating Policy

Pioneer Childcare will provide healthy, nutritious and balanced food and drinks. Food and drink will be safely prepared with regards to the dietary and religious requirements of the children in our care. We ask parents and carers to notify us regarding any special dietary requirements or allergies when they register their child, and to ensure that they update this information if there are any changes.

Pioneer Childcare will promote healthy eating and will lead by example. Staff responsible for food preparation, handling and storage will have received appropriate training or guidance as to the appropriate measures to follow.

- We will provide suitable healthy snacks for all the children.
- Children will be encouraged to develop good eating skills and table manners.
- All children will be given plenty of time to eat.
- Children will be taught to observe simple hygiene “good practice” when handling food.
- Fresh drinking water will be available at all times.
- Fresh fruit will be available at all sessions.
- We ensure that food served at our settings is healthy and nutritious and meets the Food Standards Agency guidelines.
- All food is freshly prepared on a daily basis, and must be nut free.
- With-holding food will not be used as a form of punishment.
- Staff will discuss with children the importance of a balanced diet where appropriate.
- The club will not regularly provide sweets for children.
- We will avoid excessive amounts of fatty or sugary foods.
- Children will not be forced to eat or drink anything against their will.
- To enable staff to monitor what children are eating at club, children should not bring food from home to breakfast or afterschool club.
- We encourage children to think about food waste and ask them to finish food before providing further helpings.

This policy was adopted by:	Pioneer Childcare Ltd	Date:	25 <sup>th</sup> January 2023
To be reviewed:	24 <sup>th</sup> January 2024	Signed:	<i>J. Wilkins</i>

Written in accordance with the EYFS welfare requirement: *Safeguarding and promoting children’s welfare.*