



## Healthy Eating

Written by: Cornerstone Learning CIC

Date: 26/02/2024

### **Healthy Eating Policy Statement**

We take pride in my healthy food and drink provision. Snack time are an important time of the day and we all sit together to eat. Children are supervised constantly when eating.

### **Healthy eating procedures**

**Food quality:** We are committed to offering children healthy, nutritious food which meets their individual dietary requirements as advised by their parents. All food is freshly prepared, using the best quality ingredients where possible and presented well. Portion sizes are realistic and children are never asked to clear plates as we are aware of the risks of over-eating.

On special occasions food might be used as part of a festival, birthday or celebration and we sometimes offer children food which might not be considered healthy such as cakes for a birthday party. If parents have a concern about this they should let me know.

**Supervision:** children are fully supervised when eating and sit together with staff at a table.

**Dietary requirements:** as part of induction, we ask parents about their child's dietary needs. we consider likes, dislikes, allergies, intolerances, religious and cultural needs when planning menus. We keep this information regularly updated. If we are told that children need food at times other than my usual meal times or different from my usual menu items to accommodate medical needs, we will make arrangements to support them.

**Water:** fresh drinking water is provided in age and ability appropriate cups on a tray which is accessible for all the children; outside water is provided in a 'help yourself' dispenser and the children use open cups or sports bottles depending on preference.



**Kitchen:** the kitchen is suitable for food preparation and cleaning is robust. We use the guidance 'Safer Food Better Business for Childcare' from the Food Standards Agency. We welcome inspection by a food safety officer or complete a questionnaire if requested.

**Food handling:** we update food hygiene training regularly.

**Food poisoning:** We are aware of the requirements under the Public Health (Infection Diseases) Regulations 1988 regarding food poisoning and the requirement to inform Ofsted, acting on advice given by the Health Protection Agency. We retain food receipts for the recommended 3 months period.

### **Further healthy eating considerations**

**Parents supplying food:** when parents provide food, it is stored appropriately and set out on a plate for the child. Parents are provided with healthy eating and choking guidance.

**Animals,** including any pets (where appropriate), are kept away from food preparation areas at all times; if animals access the kitchen, work surfaces and utensils will be thoroughly cleaned before food preparation.

**Nappy changing facilities** are not near food preparation areas to prevent cross contamination.

**To prevent the spread of infection,** following latest NHS and government guidance:

Food, drinks, plates, cutlery and cups are not shared between children.

When children make food, they work in their own space and are reminded not to put their fingers in their mouth when cooking.

Hand washing routines are robust and hand contact points are regularly sterilised.

Extra precautions, guided by the UK Health Protection Agency (formerly Public Health England), are taken to keep children as safe as reasonably practicable when preparing food, eating or drinking in the setting.

**Note:** add training certificates, qualifications and course details to the policy if relevant.



If you have any questions, please ask.

### **Quality Assurance**

Cornerstone Learning will ensure that systems are in place to monitor the implementation of and compliance with this policy and accompanying procedures. The directors will ensure action is taken to swiftly remedy any identified weaknesses within its procedures.

### **Policy Dates**

This policy was written and takes effect February 2024

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Director at Cornerstone Learning CIC