



03 Food safety and nutrition procedures

03.03 Menu planning and 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 on menus. The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating. When planning menus, the setting manager and cook ensure that:

- Parents and staff are able to contribute ideas for snacks.
- Menus reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- 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.

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 may not have facilities for refrigerated storage.

Healthy choices of foods must be placed on the snack trolley by parents or staff members to help support healthy eating.

Staff will provide afternoon snack which will consist of healthy balanced foods and will be offered the choice of milk or water.

After school club will be provided with a balanced snack with water.