

POLICIES AND PROCEDURES

Healthy Eating Policy

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Reviewed	March 2019
Version	4
Approved	March 2019
Cross Reference	Blackpool Borough Council Healthier Choices Award, CYP update medical/allergy review form, OFSTED Childcare Register requirements
Next Review Date	2021

Purpose of this document

Aspired Futures (AF) regard snack and meal times as an important part of our therapeutic and leisure provision. Eating represents a social time and helps educate children/young people (CYP) about the importance of a healthy balanced diet.

AF aim to promote a healthy balanced diet and its importance by working together with Blackpool Borough Council to achieve a Healthier Catering Award and following OFSTED requirements.

Details of Policy

AF set out the following procedures to promote healthy eating within our provision.

- Before a CYP starts to attend the setting, we find out from parents/carers their dietary needs and preferences, including allergies, cultural beliefs, and backgrounds.
- We record information about each CYP's individual dietary needs on the CYP Registration Form, which parents/carers sign to signify that it is correct.
- We regularly consult with parents/carers to ensure that our records of their CYP's dietary needs (including allergies) are up-to-date. Parents/carers sign the updated record to signify that it is correct.
- Annually parents/carers are required to complete and sign a CYP update medical/allergy review form.
- We display current information about all individual dietary needs so that all staff and volunteers are fully informed about them.
- All parents/carers and staff/volunteers are made aware of the 14 major allergens in accordance with the European Union Food Information for Consumers Regulation.
- We implement systems to ensure that CYP only receive food and drink that is consistent with their dietary needs and preferences as well as their parents'/carers' wishes.
- We plan menus in advance, involving the CYP in the planning.
- We provide nutritious, wholesome and healthy balanced food for all meals and snacks, avoiding large quantities of saturated fat, sugar, salt, and artificial additives, preservatives and colourings.
- Where possible food will be freshly prepared and will always be eaten on the day that it is cooked.
- We include a variety of foods from the four main food groups:
 - Meat, fish, and protein alternatives;

POLICIES AND PROCEDURES

- Dairy foods;
- Grains, cereals and starch vegetables; and
- Fruit and vegetables.
- We include foods from the diet of different cultural backgrounds, providing CYP with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a CYP who has a known allergy to nuts.
- Through discussion with parents/carers and research by staff, we obtain information and take account in the provision of food and drinks about the dietary rules of;
 - Religious groups to which CYP and their parents/carers belong
 - Vegetarians and Vegans
 - Food allergies
- We require staff to show sensitivity in providing for CYP's diets and allergies. All sessional staff do not use a CYP's diet or allergy as a label or make a CYP feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which CYP and staff participate. This includes the preparation of the food.
- We use meal and snack times to help CYP to develop independence through making choices, serving food and drink, and feeding themselves.
- We provide utensils that are appropriate for the ages and stages of development and that take account of the eating practices in different cultures.
- In accordance with OFSTED we have bottled filtered water constantly available.
- We give parents/carers who provide food for their CYP information about suitable containers for food and what an appropriate healthy balanced content would be.
- In order to protect CYP with food allergies, we discourage sharing and swapping of food.
- For CYP who drink milk, we provide semi-skimmed milk.
- CYP will be given sufficient times to eat their food and will be encouraged to develop good eating skills.
- At least two AF Core Team members at any one time will hold a Food Hygiene Level 2 Qualification.
- At least one AF Core Team member at any one time will hold a Royal Society of Public House Level 1 Qualification in Healthier Food and Special Diets.
- Staff who are serving food will always follow Food Safety and Health and Hygiene procedures around hand washing before preparation of food and will wear appropriate hat and an apron when dealing with snacks or meals at all times.

In the event of a food poisoning incident where two or more CP/adults are diagnosed AF are aware that OFSTED must be contacted immediately on 0300 123 1231

Legal Framework

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the Hygiene of Foodstuffs
- The Food Hygiene Regulations 2006.
- The Food Safety and Hygiene Regulations 2013
- European Union Food Information for Consumer Regulation 2014