



Wild Things - Droitwich

## Healthy Eating, Safer Eating Policy

### Rationale

The statutory framework for children under the age of 5 years in England is the Early Years Foundation Stage (EYFS).

<https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>

I must also comply with the Childcare Register requirements for children over the age of 5.

<https://www.gov.uk/guidance/childminders-on-the-compulsory-childcare-register-ofsted-requirements>

The EYFS signposts the DfE 'Early Years Foundation Stage nutrition guidance' (04.2025) which provides a framework for writing a 'Food and Nutrition Policy'.

[https://assets.publishing.service.gov.uk/media/67f8e61c04146682e61bc84c/Nutrition\\_guidance\\_for\\_early\\_years\\_providers.pdf](https://assets.publishing.service.gov.uk/media/67f8e61c04146682e61bc84c/Nutrition_guidance_for_early_years_providers.pdf)

As a setting, we are committed to ensuring food provision is healthy and nutritious and meets all the requirements of the DfE food and nutrition guidance.

### Procedure

**Information on how the policy is developed** – we are required to work alongside parents and/or carers to ensure children are provided with healthy, balanced and nutritious food in the setting and at home.

As your child's key person, it is my responsibility to share with you our approach to food provision and to let you know what your child has eaten and drunk during the day. This information sharing aims to help you to plan your child's meals and snacks at home, to ensure they have a healthy balanced diet through the week.

The seasonal healthy eating menus will be updated in consultation with you and your child/ren.

I will have regular conversations with you about your child's diet including during induction, when we discuss their dietary needs including whether they have any allergies or intolerances.

**Information on food and drink provision** – the following meals and snacks are provided –

- Morning snack – a small snack to top up your child before lunch.
- Lunch – either a packed lunch brought in by you (see Packed Lunch Policy) or food we provide.
- Afternoon snack – a small snack/light tea to keep your child going until they get home.

**Baby feeding guidance** – we follow NHS baby feeding guidance. I will work closely with parents during the weaning process.

I will help parents to complete a 'Weaning action plan' and provide them with useful websites, for example, the safer food page from the DfE 'Help for early years providers' website, 'Portion sizes for toddlers' from the Infant and Toddler Forum and NHS guidance on weaning.

Food provided for weaning babies will take account of the stage the child is at and I will work with parents to understand the textures they are eating at home.

**The mealtime environment and social aspects of mealtime** – meals are a group occasion, and we all sit together. This also allows me to monitor your child for safety, to protect them from choking and to act quickly if they try to, for example, swap food which might cause them to have an allergic reaction.

**Celebrations and special occasions** – Some parents may wish to share treats with the setting for your child's birthday and special occasions. The Department for Education (DfE) recommend that, instead of cake and sweets, parents provide a fruit platter or send in non-edible options for celebrations and special occasions such as bubbles or stickers. This will support children's healthy eating habits in the setting.

**Provision for cultural and dietary preferences** – information from parents will be used to design menus which will include cultural and dietary preferences as advised. Substitutions will be made to ensure the menu is suitable for every child.

**Policy on food brought in from home** – see the Packed Lunch Policy for more information. Also please note the DfE guidance on ‘celebrations and special occasions’.

**Policy on commercial baby food and drink** – where possible, babies will be weaned onto the menu, with food mashed or cut up depending on their stage of weaning and individual preferences and needs.

**Learning about food and cooking with children** – children are involved in all aspects of food purchasing, preparation and serving, depending on their ages and understanding.

**Food safety and hygiene** – as a setting, we use Safer Food Better Business for childminders –

<https://www.food.gov.uk/business-guidance/safer-food-better-business-for-childminders>

We also comply with latest food safety and hygiene information from the Food Standards Agency (FSA).

**Sustainability** – we aim to promote healthy eating habits, reduce food waste, compost and recycle food that is not eaten, buy locally to support the local economy and provide seasonal menus.

**Management of food allergies and dietary needs** –

**Paediatric first aid:** the childminder or assistant, with a valid paediatric first aid certificate will be in the room, sitting with children, when they are eating. Paediatric first aid training is updated every 3 years.

**Dietary requirements:** I ask parents to provide me with information about their child’s dietary requirements including preferences, food allergies and intolerances and any special health requirements. This will be recorded as part of the ‘All about me’ information before the child starts in the setting and I will keep the information updated regularly. At each meal and snack time I will take responsibility for ensuring each child has the correct food and drink and sit with them to ensure they do not share or swap.

If relevant, this information will be shared with any assistants involved in the preparing and handling of food

**Allergies:** paediatric first aid training includes allergy information and how to treat anaphylaxis. If a child has an allergic reaction and I do not have an auto injector, I will follow my emergency procedures and ring 999 for an ambulance – and say ‘anaphylaxis’ to the 999 operators.

I have read the NHS food intolerance, allergies and anaphylaxis advice.

If a child has a known allergy, I will help parents to complete an Allergy Action Plan and keep the information updated. I will ensure children are always within sight and hearing while eating and sit facing the children, to prevent food sharing and be aware of any unexpected allergic reactions. If I have to leave the table or children get up, I will remove food.

If necessary, I will record incidents of allergic reactions and share with parents.

**Choking:** I will risk assess and take steps to minimise the risk of choking – this means, for example, cutting up circular food, using a choking tube (or similar) to check sizes of resources, not offering risky food and knowing how to support children if they are gagging or choking on food.

Children are provided with a highchair or appropriately sized low chair when they are eating. I aim to ensure the area where children eat are free from distractions. I keep children separate from each other when they are eating to prevent food sharing, which can lead to allergic reactions.

**Record keeping:** as relevant, will record incidents of choking and share the records with parents. I will review choking incident records regularly to identify trends that can be addressed to reduce the risk of choking.

Signature: Meg Hearne

Date: 13 June 2025