



BAFTA HEALTHY EATING POLICY

Reviewed: September 2023

Monkshouse BAFTA Club are committed to meeting the EYFS Welfare requirements and meeting the individual needs of children attending. We aim to do this by:

- Discussing with parents on their child's entry to the setting their individual dietary needs, any allergies and any religious requirements.
- Recording information about individual children and ensuring that all staff are aware of those needs.
- Providing nutritious food.
- Discussing with parents regarding their children's needs on a regular basis and updating records accordingly.
- Ensuring that children are offered food and snacks according to parents' wishes and cultural and medical requirements and individual needs.
- Displaying information about meal and snack times
- Providing meal times that are social times where children feel comfortable, staff participate, and independence is encouraged
- Providing fresh drinking water/ other appropriate drinks at all times
- Following food standards guidance (checking dinner menus)
- Working with required agencies to ensure all requirements are met

We will make every effort to help educate the children and parents about the importance of a healthy balanced diet, and the importance of a healthy lifestyle.

We will take into consideration cultural, religious and other dietary requirements when planning our menus, and by working in close partnership with parent/carers will ensure that we meet their child's particular needs. This will also provide us with a valuable opportunity to introduce all of the children that attend our setting to different cultural food types.

Food and Drink Preparation

All staff at Monkshouse BAFTAs Club have a duty and responsibility for the correct maintenance of food and drink preparation areas.

- Staff will undertake appropriate food hygiene training.
- Surfaces will be cleaned before and after any food/drink preparation.
- Food and drink preparation areas will be used solely for that purpose.

- Faults and breakages will be reported to the manager.
- Equipment will be checked regularly as per regulatory requirements.
- Where appropriate children will be involved in the planning and preparing of food and snacks, staff will ensure that children adhere to good standards of hygiene whilst involved in food preparation/consumption.

Signed for on behalf of Monkhouse Primary School _____

Date _____