

Happy Days Childcare



Food safety and nutrition procedures

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/ carers and staff can contribute ideas for menus which are confirmed each week in advance. A three-week rota changed twice a year and reviewed seasonally is a good way of working out menus.
- Menus reflect children's cultural backgrounds, religious restrictions, and the food preferences of some ethnic groups.
- Menus are clearly displayed so that parents/ carers and staff know what is being provided and are on our website for reference.
- Foods that contain any of the 14 major allergens are identified on the menu that is displayed for parents/ carers.
- Parents/ carers 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/ carers.
- Staff refer to [Help for early years providers : Food safety](#) which includes:
[Example menus for early years settings in England: Guidance](#) and [Example menus for early years settings in England : Recipes](#)
- Eat Better, Start Better - Foundation Years.

- The cook maintains a record of children's dietary needs in a Food Allergy and Dietary Needs folder.

Packed lunches

- In the unusual event of us allowing a child to have packed lunches (see policy 3.05 Meeting dietary requirements), staff promote healthy eating, ensuring that parents/carers are given advice and information about what is appropriate content for a child's lunch box.

Parents/carers 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.