

03 Food safety and nutrition procedures

03.4 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. The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating. When planning snacks, the setting manager and staff ensure that:

- Parents and staff are able to contribute ideas for snacks which are planned each week in advance.
- Snacks reflect children's cultural backgrounds, religious restrictions and the food preferences of some ethnic groups.
- Snacks are clearly displayed so that staff know what is being provided. This information is available to parents, where requested.
- Foods that contain any of the 14 major allergens are identified.
- 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 and staff regularly share information about the children's levels of appetite and enjoyment of food with parents.
- Staff refer to the Eat Better, Start Better (Action for Children 2017).
- Staff maintain a record of children's dietary needs in a Food Allergy and Dietary Needs folder.

Pre-prepared cook chilled meals and hot meals from suppliers

Helpston Playhouse uses John Clare Primary school to provide hot meals.

- Ingredients are checked to identify allergens (this will be clearly indicated on packaging).
- Foods delivered are hot and ready to eat.
- Foods are served within the time stipulated by the supplier.
- Left-overs are not kept and reheated for another day.
- The guidance in Safer Food Better Business (Food Standards Agency 2020) is followed at all times.

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 does not have facilities for refrigerated storage.