

03 Food safety and nutrition procedures

03.4 Menu planning and nutrition

Food provides a healthy, balanced diet for growth and development. Foods containing any of 14 allergens identified by the FSA are identified on menus. Dietary guidance to promote health and reduce risk of disease is followed.

- 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](#) and Early Years Foundation Stage nutrition - GOV.UK
- The manager maintains a record of children's dietary needs in a Food Allergy and Dietary Needs folder.

Packed lunches

Where children have packed lunches, 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.

