



Cringleford Crackerjacks

3.8 Nutrition

Food provides a healthy, balanced diet for growth and development. Dietary guidance to promote health and reduce risk of disease is followed. When planning menus, we ensure that:

- Parents/carers and staff can contribute ideas for menus which are confirmed each week in advance.
- Menus reflect cultural backgrounds, religious restrictions and food preferences of some ethnic groups.
- Menus are clearly communicated so that parents and staff know what is being provided.
- 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
- We maintain a record of children's dietary needs which is easily accessible in the kitchen where food is prepared.

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

This policy was adopted at a meeting:	
Held on	Date
Date to be reviewed	Date
Signed on behalf of the Committee	
Name of signatory	
Role of signatory (e.g. Chair)	