

# Healthy Eating and Food Hygiene Policy

Meals, snacks and drinks provided to children in the setting will be healthy, balanced and nutritious following Food Matters and Setting the Table guidance.

[food-matters-nurturing-happy-healthy-children.pdf](https://www.foodmatters.org.uk/food-matters-nurturing-happy-healthy-children.pdf)

## Setting the Table Guidance

Any person(s) preparing, or handling food will be competent to do so and trained to an appropriate level in food hygiene practices. Dunning Village Hall has obtained a Food Business safety certificate from Perth and Kinross Council under their food hygiene/standards inspection. Any/all food will be stored/prepared under their guidance. All staff will be trained to handle any food allergies or sensitivities as per guidance.

Staff will obtain, record and act on information from parents about a child's dietary requirements.

If parent/carers choose to provide food/snacks - In the interest of safety and children's health, there are a few items that should not be included in lunchboxes:

- glass bottles and jars
- fizzy drinks and pre-mixed drinks high in sugar
- chocolate bars or sweets

Any known food allergies will be recorded in the child's file, and this will be taken into consideration during any/all food preparation to prevent risk of an allergic reaction from happening.

If a child regularly brings meals from home that are far too high in fat/sugar/salt and do not have enough nutritional value, this will be discussed with parents. If they are struggling to provide a balanced diet due to selective eating for any reason, then staff can provide recommendations on where to access support i.e., via their health visitor or GP.

Where parents provide meals for their children to eat in my setting, we will provide chilled storage for packed lunches and appropriate storage areas for other foodstuffs.

Staff will also provide clean, age-appropriate crockery and cutlery to enable the children to eat.

Children will be provided with healthy meals and other healthy snacks and drinks recommended by the Food Standards Agency literature in line with the setting the table guidance. I will encourage children to try a bit of everything they have been given, even if they claim not to like it. I will give them lots of praise for tasting something new and will never pressure them if they say they don't want to eat something.

Fresh drinking water will be available at all times.

As a provider of breakfast and snacks, I am aware of my responsibilities under food hygiene legislation. This includes, if necessary, registration with the relevant local authority Environmental Health Department. If this is the case, I am happy to have the premises inspected by a food safety officer.

Changing facilities will not be near food preparation areas.

Potentially dangerous substances, such as bleach and laundry detergents, will not come into contact with food preparation areas.

Emma's Explorers

Date: 05 2025

Review Date: 11 2025

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If there is an outbreak of food poisoning affecting two or more children looked after on the premises, I will notify Care Inspectorate as soon as possible, within 14 days of the incident, in order to comply with regulations.