

**Jack and Jill Childcare**

**Food Policy**

At Jack and Jill Childcare we promote and encourage health and well-being by providing healthy, balanced, and nutritious meals and snacks for children throughout the setting.

**We follow the food and drink guidelines set out by “Early Years Foundation Stage nutrition guidance for group and school-based providers and childminders in England May 2025”**

**Legislation this publication refers to:**

 **The EYFS safeguarding and welfare requirements are given legal force by Regulations1 made under section 39(1)(b) of the Childcare Act 2006.**

An early year’s setting is the ideal place, with many great opportunities to encourage and support children to eat well.

By providing balanced, varied, and nutritious meals and snacks we can teach positive and appropriate eating habits to aid children through to adult life.

**We also encourage regular physical exercise as this combined with a healthy, balanced, and nutritious diet is important for the growth and development of young children. It is also essential for children’s health and well-being – please see our healthy start statement.**

Unfortunately, due to allergies, dietary requirements, and statutory guidance, we **CANNOT** accept any goods, including homemade goods into the setting for the staff or children’s consumption i.e. cake for your child’s birthday.

We also **CANNOT** accept treats for your child to give out to friends at home time on their birthday.

**There are very strict expectations around packed lunches. Please see “Packed Lunch Policy” for further details.**

**It is extremely important this is adhered to so we can safeguard children with allergies, along with ensuring all children are being provided with healthy, balanced, and nutritious meals that are also compliant with food health and hygiene regulations.**

Children with food allergies will need to provide written documentation from a healthcare professional detailing the child’s allergy, severity, and allergy action plan.

**Children with dietary requirements will need to provide Jack and Jill Childcare with written documentation from a healthcare professional detailing the child’s dietary needs.**

We can also accommodate children cleaning their teeth after meals, please let us know if you would like this to be an option for your child(ren).

Please also provide a named toothbrush and named toothpaste in a named waterproof container in their school bag each day.

**We will provide Breakfast, Lunch and Tea when required.**

**Breakfast will offer:**

A selection of healthy cereals, fruit, and natural yoghurt. Milk and/or Water to drink.

**Lunch will offer:**

2 dishes: a main dish (hot meal) and an additional dish (hot or cold) (the addition dish could be a starter, a side, or a dessert) Water to drink.

**Tea will offer:**

2 dishes: a main dish (cold) and an additional dish (cold) (the addition dish could be a starter, a side, or a dessert) Milk and/ or water to drink.

We aim to provide for all children and will adapt our menu’s wherever possible to suit the different dietary requirements of individual children’s needs. (additional needs, medical, cultural, religious or health).

**At Jack and Jill Childcare, all food is appropriately wrapped and stored on the premises as well as prepared and cooked in a clean, hygienic environment.**

All staff involved in the preparation, cooking and serving of food will have the relevant training needed including food safety and hygiene. These will be updated regularly.

**Jack and Jill Childcare will adhere to the advice and will facilitate inspections from the local environmental health department.**

**We Currently hold a food hygiene rating of 5 on each of our sites.**

We use the Food Standards Agencies “safer food, better business” as part of our staff training.

**Our Catering Manager Joanne Shanley is responsible for the following qualifications:**

- City and Guilds Level 2 NVQ Diploma in food production and Cooking

- IHASCO Food Allergens programme

- Level 3 Food Safety and Hygiene Programme

- Children’s Food Trust (Cache) Encouraging young children to eat well

- Children’s Food Trust (Cache) Meeting The food and Drink guidelines for early years settings

- Children’s Food Trust (Cache) Providing Healthy diet for Young Children

- Children’s Food Trust (Cache) Introducing a Healthy Packed Lunch Policy

- Children’s Food Trust Lunchtime Supervisor Training

- Natasha’s Allergy School’s Self-Assessment in Food Allergen Management

**Joanne is continuing to learn and achieve certificates in relevant areas to help us to provide a high standard of healthy balanced and nutritious meals and snack that meet the criteria set out for childcare settings.**

The setting also has an additional 3 members of staff with Level 3 Food Safety and Hygiene, while all staff have trained in providing food in an educational setting.

**Joanne Allen has responsibility for this food policy on behalf of Jack and Jill Childcare.**

Date of policy implementation: 03/09/2025

*This policy was adopted by Jack & Jill Childcare on:* ***1st August 2025***

*It is signed on behalf of the setting by:* ***Lynne Batchelor***

*In their capacity as:* ***Chairperson***