**Jack and Jill Childcare**

**Fussy Eater 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.**

**We will also follow any guidance from nhs.uk along with other relevant agencies.**

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 will give your child the same food as others around them (hot meals only). The best way for your child to learn to eat and enjoy new foods is to copy others.
* We will give smaller portions (if needed) and praise your child for eating.
* If your child rejects the food, we will not force them to eat it. We will try the food again another time. We will offer the additional dish (providing it is savoury), if we feel it is necessary.
* Your child may be a slow eater, so we will be patient (20-30minutes standard – 1 hour Maximum).
* We will NOT give your child extra snacks between meals– 2 healthy snacks a day is appropriate.
* We will not use dessert as a reward (unless we feel it’s necessary for individual need i.e. food ladders).
* We will make mealtimes enjoyable and not just about eating. Meal times and snack times are a sociable environment at Jack and Jill.
* For individual needs, (if we feel it’s necessary) we will change how we serve a food item. For example, instead of cooked carrots provide raw carrot.
* We will keep offering a variety of foods – it may take lots of attempts before your child accepts new or different foods.
* We will keep going back to the foods your child did not like before. Children's tastes change.

**We would appreciate parents/guardians support if we need to implement this guidance with your child within the setting, this is important because it will enable the process to be more consistent, relaxed and positive.**

Children can find it difficult to understand expectations around diet and nutrition if there are different rules at home to those we must adhere to within the setting.

**Where a child has a confirmed (by a healthcare professional) additional need that presents with “fussy eating” we will work with the family and other professionals to cater to the individual needs of the child where necessary.**

**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:* ***1 st August 2025***

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

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