

Meeting individual children's dietary requirements.

Policy

We cater for the dietary requirements of all children wherever possible. We work with families to make sure that any dietary requirements including food allergies and intolerance are accommodated, and that children of all cultures and religions can enjoy appropriate meals and snacks. It is a priority to ensure every child has the same food choice as their peers which also meet their individual needs. Menus are streamlined to reduce the allergens in the foods being used and identify similar alternatives. Menus include foods from different cultural backgrounds, providing children with familiar foods and introducing new ones. A vegetarian alternative is offered on days when meat and fish are served. The Food standard guidelines for early years Eat Better Start Better are adhered to.

Procedure

We meet the dietary needs for individual children in the following ways:

- Information about dietary requirements for children is discussed with parents before starting to attend the setting. If there is an allergy or food intolerance parent's will be asked to provide relevant information from a health professional. Information is recorded about each child's dietary needs on the registration form which parents sign.
- If a child has a diagnosed food allergy or intolerance a Health care plan will be completed with the relevant information by the Deputy Manger with all the relevant information and shared and signed by parents. The health plan is shared with the senior early years practitioner and room team and a copy kept in the office and in the room. The rooms will ensure the information is accessible at all times
- The kitchen provides food allergen information for all food and drink and is displayed on the notice board in line with EU and UK legislation.
- A list of children with dietary requirements is displayed in all rooms and made available to the chef and kitchen staff. This is shared with new staff on induction and with casual staff on arrival. This is updated termly or as needed. Each room has a system to ensure this information is available and upto date
- Admin staff will provide predicted meal numbers two weeks in advance which includes information of children's with dietary requirements.
- Room staff will provide daily meal numbers, tables and the named children with special dietary requirements on request to the catering staff
- Staff receive training to understand the specific dietary requirements of different aged children, and to help children learn about food and make informed healthy choices at induction and at staff meetings.

Manager's signature

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