



Safe & Healthy Eating Policy

Purpose of the Policy

At Little Wildflowers Childcare, I am committed to promoting children's health and well-being by offering nutritious food that meets each child's individual dietary and developmental needs. I work closely with parents and carers to ensure children's food is prepared and served in a way that supports their growth, safety, and enjoyment. This policy outlines procedures to encourage healthy eating habits, ensure food safety and hygiene, minimise choking risks, and manage dietary needs including allergies and intolerances.

Procedures

Dietary Needs and Preferences:

Prior to a child starting at my setting, I obtain detailed information from parents about their child's dietary needs and preferences, including any allergies. This information is recorded in the child's record and regularly updated in consultation with parents. All records are maintained with strict confidentiality.

Storage of Meals:

I provide chilled storage for packed lunches and appropriate storage for other foodstuffs brought from home.

Encouraging Healthy Eating:

Parents are informed of my Safe & Healthy Eating policy and encouraged to provide healthy packed lunches, including sandwiches with nutritious fillings, fruit, and dairy or plant-based desserts such as yogurt or crème fraiche.

I actively discourage packed lunch boxes containing unhealthy foods like crisps, sweets, and chocolate. I reserve the right to return such food to parents.

Provision of Utensils:

I provide children with clean, age-appropriate crockery and eating utensils and respect diverse mealtime practices, such as the use of chopsticks or eating with fingers.

Food for Infants:

Parents provide all food for children under two or those who are weaning. I provide parents with daily information about their child's feeding routines, intake, and preferences. When a child is beginning the introduction of solid foods, parents and I will agree an appropriate approach in advance, and I will follow safe eating practices at all stages of weaning in line with the EYFS statutory framework (September 2025).

Water

Fresh drinking water is available at all times, both indoors and outdoors. Water is provided in a clean, reusable cup or the child's school water bottle, which they can refill as needed. Children drink only from their own bottle/cup.

Teaching Children

I incorporate healthy eating and drinking education into our daily routine. Children participate in buying, preparing, and cooking food, helping them learn about nutrition and food safety. Food is never used as a reward or withheld as a punishment.

Continuous risk assessments are conducted to ensure children's safety while they help in the kitchen.

Special Occasions

Occasionally, food that might not be considered healthy, such as cakes, is offered during festivals, birthdays, or celebrations. Before offering any celebration food, I will check children's individual allergy records to ensure it is safe for all children present. Parents are encouraged to express any concerns regarding this practice.

Reducing Cross-contamination

As a provider of meals 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 then I am happy to have my premises inspected by a food safety officer.

Where allergen-containing foods are prepared, I will use separate utensils and preparation surfaces to prevent cross-contamination.

Baby changing facilities will not be near food preparation areas.

I will ensure that I, and everyone caring for children, as well as the children themselves, are aware of good hand washing procedures and how these are carried out.

I will not undertake laundry during times of food preparation and I will ensure that any soiled clothing or detergents will not come into contact with food preparation areas.

Food Poisoning

Registered providers must notify Ofsted within 14 days of any food poisoning incident affecting two or more children. Failure to comply without reasonable excuse is an offence.

I comply with the Public Health (Infectious Diseases) Regulations 1988, the Health Protection (Notification) Regulations 2010, and the Health Protection (Notification) Regulations 2025, and inform Ofsted based on advice from the UK Health Security Agency (UKHSA).

If an incident occurs, a detailed incident record will be completed.

Understanding Allergies and Intolerances

I recognise that children can develop allergies at any time, particularly during the introduction of solid foods (also known as weaning or complementary feeding), and remain alert to signs of emerging food sensitivities.

I understand the differences between allergies and intolerances and I am trained to respond appropriately to allergic reactions. Children are closely monitored for any new signs of allergy, especially during weaning stages. Allergy information is recorded in the child's individual file before they start at the setting and is reviewed regularly. In the

event of a new or suspected allergy developing, parents will be contacted immediately and the child's records updated without delay. Where a child has a known severe allergy requiring emergency medication, such as an adrenaline auto-injector, an individual emergency plan will be agreed with parents and followed in line with my Medication Policy.

Preventing Choking

Food is prepared in a developmentally appropriate way for each child, with textures and sizes adjusted as needed to minimise choking risk. I avoid foods that present choking hazards unless appropriately prepared (e.g., cutting grapes lengthways).

Children are always within sight and hearing of a responsible adult while eating. Choking can be silent; therefore, I remain highly vigilant during mealtimes.

Incidents at Mealtimes

To reduce the risk of an incident taking place at mealtimes, I endeavour to sit facing children at the table to monitor eating habits, prevent food sharing, and quickly identify signs of choking or allergic reactions.

Any choking or allergy incidents requiring intervention will be handled appropriately under the Accident and Incident Policy. Where a child develops symptoms of illness following a meal or snack, the procedures set out in my Child Illness Policy will apply.

Publication & Version History

Version	Date	Description of Change
1.0	05 June 2025	Initial publication
1.1	03 June 2026	EYFS 2025: added allergy documentation and new/suspected allergy procedure; added introduction of solid foods and safe eating practice for weaning.
1.2	04 June 2026	Updated UKHSA reference and added Health Protection (Notification) Regulations 2010 and 2025; added allergy check to Special Occasions; corrected formatting of Procedures subheadings; added allergen utensils and preparation surfaces statement to Reducing cross-contamination; corrected policy name reference in Encouraging Healthy Eating; corrected section heading capitalisation; added food-not-used-as-reward statement to Teaching Children; added severe allergy emergency medication plan reference to Understanding Allergies and Intolerances; Water section updated to water-only provision.
2.0	05 June 2026	Annual review and sign off

Next Scheduled Review: 05 June 2027

This policy is subject to ongoing revision. Minor amendments may be made between annual reviews and will be recorded in the table above.