



**Charitable Incorporated organisation No: 1206270**  
**Ofsted No: 2804811**

## 03 Food safety and nutrition procedures

### 03.4 Menu planning and nutrition

Food provides a healthy, balanced diet for growth and development. Foods containing any of 14 allergens identified by the FSA are identified on menus. Dietary guidance to promote health and reduce risk of disease is followed. When planning menus, the setting manager and cook ensure that:

- Snack menus reflect cultural backgrounds, religious restrictions and food preferences of some ethnic groups.
- Foods that contain any of the 14 major allergens are identified and is displayed for parents/carers.
- Parents/carers must share information about their children's particular dietary needs with staff when they enrol their children and on an on-going basis with their key person.
- Key persons regularly share information about the children's levels of appetite and enjoyment of food with parents/carers.
- We display current information within the setting about individual children's dietary needs so that all our staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences, as well as their parents' wishes.
- We plan menus in advance, each menu references "Natasha's law" for staff and parents' guidance.
- We inform parents what snack provided via their induction pack.
- We provide nutritious food during snack time, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- Staff refer to [Eat Better, Start Better - Foundation Years](#). (Action for Children 2017) and the EYFS nutrition guidance 2025.

#### **Packed lunches**

Where children have packed lunches, staff promote healthy eating, ensuring that parents/carers are given advice and information about what is appropriate content for a child's lunch box. Parents/carers are also advised to take measures to ensure children's lunch box contents remain cool i.e. ice packs, as the setting may not have facilities for refrigerated storage. Parents are sign posted to the EYFS nutrition guidance, Eat well guide colour addition and a healthy balanced diet for children document.