

Food and drink

I will provide healthy, balanced and nutritious meals, snacks and drinks when children are in my care. I will be responsible for the competent preparation and handling of food. I am happy to serve food that you have provided for your child; I will set aside space in my fridge and kitchen cupboard to store as appropriate. I will also provide clean and age appropriate crockery and cutlery to enable the children to eat their meals. Please let me know if your child has food allergies, favourite dishes or particular dislikes. I encourage children to choose healthy options and to experiment by trying new foods. I will endeavour to provide locally produced fresh produce and encourage the children to get involved with the preparation when appropriate and time allows.

If your baby requires pureed dishes I am happy to provide these; please feel free to discuss this with me.

The children will be offered water, milk or fruit juice.

Please let me know what, if any sweets you permit your child to eat. I do not encourage children to eat sweets on a regular basis preferring to offer seasonal fruit; however I do sometimes offer sweets for special occasions.

I will record, in the daily contact book, what (including approximate amounts) your child has eaten.

Please do not hesitate to speak to me if you have any concerns as I am happy to discuss the menu with you.

