



Walsall Childminding Hub Food and Nutrition Policy

Purpose

This policy promotes healthy eating, safe food handling and positive mealtime experiences for all children attending Walsall Childminding Hub.

Meal Times

Meals and snacks are provided at set times throughout the day in a calm, relaxed and welcoming environment. Children are encouraged to develop healthy eating habits and good table manners. Children are encouraged to try a variety of foods but are never forced to eat. Individual dietary, allergy, cultural and religious requirements are respected.

Weekly Menu

Monday – Vegetable bake with mixed vegetables
Tuesday – Vegetable rice with garlic bread & salad
Wednesday – Vegetable lasagne with garlic bread & salad
Thursday – Margherita pizza, oven-baked chips & mixed vegetables
Friday – Fish fingers, mini potato waffles & mixed vegetables
Saturday – Vegetable bake with mixed vegetables

Fruit: Fresh fruit is available daily.

Drinks: Water and no-added-sugar squash are available throughout the day.

Packed Lunches

If a child does not wish to eat the planned menu, parents/carers are requested to provide a healthy packed lunch. Packed lunches must not contain nuts and should support healthy eating guidance.

Food Hygiene & Preparation

- Food is prepared in the kitchen by staff who have appropriate food-hygiene training.
- Staff wash their hands before preparation and serving. Work surfaces, utensils and equipment are cleaned before and after use.
- Disposable gloves are used where appropriate, but gloves do not replace handwashing.
- Separate utensils and boards are used where required to reduce cross-contamination.
- Use-by dates are checked before preparation. Expired or unsafe food is disposed of in the appropriate centre bins.
- Opened food is used on the same day wherever practical. Any food retained is covered, labelled, dated and stored in accordance with the manufacturer's instructions.
- The centre's cleaning schedule is followed for the kitchen and eating areas.

Safe Mealtimes

- Children eat while seated at tables and chairs in an appropriate room.
- Children are supervised throughout meals and snacks. Staff position themselves so that all children can be seen and heard.
- Children are not permitted to walk or run while eating and must not share food.
- Food is prepared in an age-appropriate way to reduce choking. Unsuitable foods are avoided, stones and bones are removed, and small round foods are cut safely where relevant.
- Staff remain alert to choking and allergic reaction symptoms and follow first-aid and emergency procedures immediately.
- Food-related accidents, choking incidents, allergic reactions and any medication administered are recorded, and parents/carers are informed on the same day.

Policy Review

This policy should be reviewed annually or sooner if legislation or practice changes.