



# Anne Riggs Childcare

[anneriggschildminding.co.uk](http://anneriggschildminding.co.uk)

Looking after generations of  
Plymouth's children since 1989

## Healthy Eating Policy

A good balanced diet is vital for children's development, along with fresh air and regular exercise.

It is my policy that children are provided with good quality snacks and drinks, both in my setting and whilst attending an activity/toddler group. I encourage them to eat food which is healthy, balanced and nutritious on a daily basis and I am happy to cook/serve food provided by parents/carers. **When you provide food for your child, please follow healthy eating guidelines and do not include sweets / chocolate bars.**

I follow the Government's '5 a day' guidelines and talk to the children about the importance of this in their daily diet.

I encourage the children to try foods that they may not have tried before and to make healthy food choices. I also engage the children in the choosing and purchasing of food on short shopping trips, with them occasionally helping me to prepare this.

Parents/carers of small babies are asked to provide baby food and formula, which can be made as needed, or breast milk bottles, which will be correctly refrigerated until they are required.

Children are offered water or milk (cow's or soya as appropriate) with their meals or snacks. Fresh drinking water is available at all times.

On special occasions e.g. birthday celebrations, the children may be offered party food with permission from parents/carers.

I am happy to discuss a child's individual needs with parents/carers and cater for children with food allergies/special diets and cultural/religious requirements. Any specific requirements need to be included on your child's information form.

Parents/carers will be advised daily as to what their child has eaten/drank. If you have any concerns regarding diet/menu/quantity please do not hesitate to discuss it with me.

I will provide a good role model for healthy eating. Children will be encouraged to develop good eating skills and table manners, and will be given plenty of time to eat.

I update food safety training regularly and I use the 'Safer food better business for childminder' documents issued by the Food Safety Agency which ensures I have a full understanding of the safe preparation and storage of food.

If you have any concerns I will be happy to meet and discuss them with you.