



Chelmer Village Hall, Chelmer Village Square, Chelmsford, Essex CM2 6RF  
Telephone: 07901 886488  
Registered Charity No. 1054083

### **3.03 Nutrition**

The setting follows dietary guidance to promote health and reduce risk of disease caused by unhealthy eating. When providing snacks we ensure that:

- Parents and staff are able to contribute ideas for snacks.
- Foods that contain any of the 14 major allergens are identified.
- Parents 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.
- Staff notify parents of any concerns about a child's level of appetite or enjoyment of food.

#### **Packed lunches**

Where children have packed lunches, staff promote healthy eating, ensuring that parents are given advice and information about what is appropriate content for a child's lunch box. Parents 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.