



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.