**Safeguarding and Welfare Requirements: Health**

The provider must promote good health of children attending the setting. They should support parents understanding and awareness of healthy eating.

**6.8 Food and Healthy Eating Policy**

**Statement of Intent**

At XXX we regard snack and meal times as an important part of the session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating. The XXX is committed to delivering services in line with the Healthy Children’s Centre Standards. Within both targeted and universal services we will provide advice and guidance around healthy eating.

**Children’s Centre Services (Targeted and Universal)**

* breast feeding and weaning advice are delivered through family support, drop ins, 1:1 work, small groups such as workshops and also integrated within activities identified in the termly time table
* trained breast feeding advisers supporting the local health clinic by attending fortnightly baby clinics
* recognise the importance of partnership work with Health enhancing the promotion of healthy eating initiatives
* healthy eating cooking sessions are delivered at XXX
* information delivered in the form of posters, displays and/or leaflets
* families can be signposting to specialist Health services.

**Training**

* staff to access training including breast feeding advice, weaning advice and healthy eating
* staff that prepare/cook on site have gained a Level 2 Food hygiene qualification and refresh accordingly.

**Relevant Documentation**

This policy will be reviewed regularly

* Healthy Children’s centre standards
* Health and safety policy
* Early Years foundation stage
* National Healthy Schools programmes

**Reviewed April 2016**