

Diet - Policy and Practice

The sharing of refreshments plays an important part in the social life of the pre-school as well as reinforcing children's understanding of the importance of healthy eating.

Policy

- All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Nut products or products containing nuts are never offered.
- Before a child starts to attend the group, members of staff discuss with parents / carers any medical, religious or other dietary needs that the child might have, including any allergies. These are then recorded on the Allergies check sheet which all members of staff must consult before bringing food onto the premises.
- Where children have particular dietary needs we try wherever possible to adapt our menu so as to offer all children the same food, avoiding those that are unsuitable.
- Water is made constantly available through a drinks dispenser. A plentiful supply of clean cups is also made available.
- Parents providing packed meals are advised about safe storage, and a fridge is provided for their convenience.
- Parent can purchase a hot meal for their child at lunch time from the primary school. Pre-school staff fetch these and serve them up to children.
- Milk provided for children is full fat and pasteurized.

Practice

- Parents are asked to contribute a small amount of money each term to support the buying of a wide range of different types of foods, particularly fruit and vegetables, for children to try.
- A list of possible foods is given out and parents are asked to tick the ones that their child / children can eat, and also to make any suggestions as to other food products we can try.
- Snack foods are then bought using this list and the allergies check sheet as a guide.
- Food on offer at snack time can range from cubes / sticks of fresh fruit and vegetables, to fruit smoothies, dips, rice, noodles or dried fruits.
- Foods from different cultures are also offered for children to try.

This policy was adopted at a meeting of the pre-school held on(date)

Signed on behalf of the pre-school