

## DIET - POLICY AND PRACTICE

The sharing of refreshments can play an important part in the social life of the pre-school as well as reinforcing children's understanding of the importance of healthy eating. The pre-school will ensure that it fulfils all the requirements of the registering authority and that:

Snacks provided avoid large quantities of fat, sugar, salt, additives, preservatives and colourings

Snacks are planned in advance and milk, water, and fruit and vegetables, will be available for the children.

Food from a range of cultures will be provided ensuring that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.

The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.

Parents providing packed meals will be advised about safe storage.

Milk provided for children is pasteurised.

Young children can often have strong preferences for one type of food or another, and may show signs of allergy towards certain foods.

Before a child starts to attend the group, staff will discuss with parents the child's dietary needs, including any allergies, and make appropriate arrangements to meet them.

To ensure that food meets the requirements of the maximum number of children the following procedures are operated:

- All food is checked at the time of use to ensure it is not past its use by, or best before, date.
- No foods with nuts are used.

## Drink

The Welfare Food Scheme enables children under five to receive free of charge 1/3 of a pint of milk for each day they attend approved day care facilities for two hours or more.

Nutkins Pre-School has applied for and received approval to participate in the scheme in order that children in our care may benefit from it.

## Water

Children are made aware that water is available at all times. To ensure an ample daily intake the following procedure will be operated:

- Children will be encouraged to ask for a drink if they should need one.
- Children will be offered additional drinks during outdoor play and periods of hot weather.

*This policy was adopted at a meeting of Nutkins Pre-School held on.....*

*Signed on behalf of Nutkins Pre-School by .....*

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