

## **Diet- Policy and Practice**

This policy describes how 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:

All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, preservatives, additives and colouring.

Children's medical and personal dietary requirements are respected.

Menus are planned in advance and food offered is fresh, wholesome and balanced.

Our aim is to encourage children to try different foods from different countries and cultures.

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

Milk provided for children is semi-skimmed and pasteurised.

Children will be provided with milk or water to drink.

Parents are given the opportunity to contribute to a snack rota on a voluntary basis, this will give opportunities for children to share favourite foods and diversify the selection given in preschool.