

Diet Policy

Statement of Intent: We provide the opportunity for all our children to share refreshments with an adult.

Aim: Refreshments can play an important part of the social life of our pre-school as well as reinforcing children's understanding of the importance of healthy eating and the effects it can have on their bodies.

Methods:

- We set time aside during each session for the children to share in snack time to use it as a social time to chat to their friends supported by an adult.
- We talking to the children during snack time about what they are having for their snack and the effects it has on their bodies.
- We provide milk for the children which is whole and pasteurised.
- We respect children's medical and personal dietary requirements.
- We provide a snack which is healthy and nutrition during each session together with a drink of milk or water.
- We offer a multi-cultural diet to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- We take into consideration the dietary rules of religious groups and also of vegetarians/vegans and these will be met in appropriate ways.
- We make drinking water available throughout the session for the children to access unaided.

We ask parents to provide the Pre-School with:-

- £5.00 for our older children and £2.00 for our younger children for snack money per term , to cover the expenses of our healthy snacks.

- Details of ALL their child's food allergies and exactly what substitutes they can eat instead so all children can be included in all activities.
- Written instructions of what the Pre-School needs to look for and how to deal with their child should a child eat somewhere else, a food they are allergic to before coming into Pre-School.

**This policy was adopted at a meeting of Wilsden Pre-school held
on.....**

Signed on behalf of Wilsden Pre-school.....