



Diet Policy

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 also that:

We operate a snack bar policy, the children can help themselves to snack and are welcome to have as much as they choose to, children that do not require snack are encouraged but never forced.

- All snacks that are provided are nutritious with quantities of fat, sugar, additives, preservatives and colourings kept to a minimum. In the main they are fruit or vegetables.
- Before a child begins to attend our pre-school, our staff discuss with parents the child's dietary needs, including any allergies and makes appropriate arrangements to meet them. Dietary rules of religious groups and also of vegetarians/vegans etc. will be met in appropriate ways. Records are kept of these in our pre-school and routinely updated.
- Snack foods encompassing food from a range

of cultures ensures that children from various religious backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.

- Water is constantly available to the children through the use of a water cooler. Milk that is whole and pasteurised is available during snack time.
- Parents are required to provide their child with a packed lunch when they attend a full day session. We encourage parents to ensure the lunch is healthy and balanced, we can advise on this. Fizzy drinks, artificially sweetened drinks (including fruit shoots and capri suns) and sweets are not permitted in lunch boxes. If these items are sent in they will be removed and replaced with healthy alternatives. We ask that parents provide no more than one 'treat' item per day.

Written by:	Lucy Foley
This policy was adopted by the pre-school on:	25 th Feb 2014
Signed off by the Deputy Manager of Frenchay Pre-School	Gemma Hughes
Next Review Date	November 2022
Links to EYFS	Safeguarding children and promoting children's welfare / Organisation