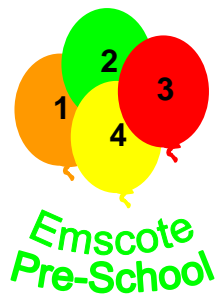


EMSCOTE PRE-SCHOOL LTD

Diet –Policy and Practice



Statement of Intent

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:

- All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt preservatives and colourings.
- Before a child starts to attend the group, staff will discuss with parent's the child's dietary needs, including any allergies, and make appropriate arrangements to meet them. The information is passed on to all staff that are required to know and are displayed on the notice board upstairs by the food preparation area.
- The dietary beliefs of religious groups and of vegetarians / vegans are known and met in appropriate ways.
- Water is constantly available.
- Fresh fruit and or vegetables are provided daily
- Children are offered food every three hours.
- Parent providing packed meals will be advised about a healthy lunch and safe storage.
- Healthy hot meals are provided by Emscote Infant School.
- Milk provided for children is semi skimmed and pasteurised.
- Children are encouraged to eat healthily, and support is given to help them recognise 'healthy' and 'non-healthy' foods and which are good for them.

This policy was adopted at a meeting of the pre-school held on: 03.03.20

Signed on behalf of the pre-school _____(Director)

Named person responsible for this policy: LAURA ROBBINS & TRACEY RUSSELL

Review Date: March 2021