



Heatherside Pre-school

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:

- All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt additives preservatives and colourings.
- Our Pre-school operates a 'No Nuts' policy
- Children's medical and personal dietary requirements are respected.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity to try unfamiliar foods.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- Milk provided for children is whole or semi-skimmed.
- Drinking water is available at all times.
- At our Lunch Club (Munch Club) children bring their own food, guided by our policy of low fat, sugar, salt and no nuts. Children do not swap or share food.

Reviewed & re-agreed at AGM held 08th October 2021 Chair Alex Constantine

Reviewed & re-agreed at AGM held 07 October 2022 Chair Alex Constantine

Reviewed & re-agreed at AGM held 20th October 2023 Chair Alex Constantine