



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 snacks will be cut/chopped appropriately to bite size and safe swallowing size to minimize a choking risk to the children
- 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 can try unfamiliar foods.
- The dietary rules of religious groups and of vegetarians/vegans are known and met in appropriate ways.
- Milk provided for children is whole or semi-skimmed.
- Drinking water is always available.
- 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.
- All mealtimes will be supervised by appropriate adults

Reviewed & re-agreed at AGM held 10th October 2025 Chair Alex Constantine