

Dietary Policy & Procedures

The sharing of snack time plays an important part in the daily routine of the pre-school, many learning opportunities arise from snack time, as we open full days children also bring lunch boxes in:

Stalbridge Pre-School will:

- Provide semi-skimmed milk or water to drink.
- Provide healthy nutritious foods, avoiding large quantities of fat, sugar, salt, artificial additives and preservatives– fruit (fresh and dried), cheese, cereals, bread sticks, vegetables....
- Be aware of any food allergies that a child may have, ensuring that all adults involved in the preparation and giving of snacks/drinks are aware of these allergies and take necessary precautions if a child has a serious allergy such as a nut allergy.
- Have regard to any dietary requirements due to religious reasons, requirements will be dealt with in an appropriate manner.
- Provide parents with information regarding healthy lunch boxes, this will be available in the prospectus, on the notice board and sent out as a reminder as a child becomes eligible to stay for lunch.
- Use snack and lunch times as a social time, where through interaction with staff children will learn about healthy/unhealthy foods.

Parents/carers as partners:

- Parents must inform us of any allergies or dietary requirements on the registration forms when your child joins the setting.
- Parents must inform us of any changes/onset to allergies or dietary requirements that occur after your child joins the setting. **Records must be kept up to date.**
- Parents are expected to have regard for the information the pre-school sends out or displays regarding healthy nutritious foods in lunch boxes.

This policy was adopted at a committee meeting on:

Signed:

Role: