



Registered Charity No 1035670

Dietary Policy

This is Beckley Preschools policy on food and drink.

Statement of intent

The sharing of refreshments can play an important part in the social life of the Preschool as well as reinforcing children's understanding of the importance of healthy eating.

Aim

We aim to ensure that all Children receive well-balanced and nutritional foods and to encourage their learning and appreciation of healthy eating.

Methods

In order to achieve this aim we operate the following policy and guidelines:

Parents/carers are asked to complete a section on the registration form indicating their Childs dietary requirements.

All meals and snacks provided are nutritious, avoiding large quantities of fat, salt, sugar and additives, preservatives and colourings.

Children's medical and personal dietary requirements are respected.

A multi-cultural diet is offered to ensure children from all backgrounds encounter familiar foods and that all children have the opportunity to try unfamiliar foods.

The staff will familiarise themselves with the dietary rules of a particular religious group as it pertains to an individual where necessary and of Vegetarians/Vegans, and these will be met in appropriate ways.

Fresh drinking water is available to the children at all times and staff will encourage children to drink it.

Milk provided for children will be whole and pasteurised.

A list of children's dietary requirements is used at each activity involving food and drink.

All staff who handle food hold a food hygiene certificate from training by an approved trainer.

Parents/Carers are given advice on appropriate food content in their child's packed lunch and on safe storage to include ice packs in the child's box. We have a NO nut, chocolate and sweet policy.

This policy was adopted by the Management Committee of Beckley Preschool on 22nd May 2008. It has been reviewed on 8th November 2013.

Signed on behalf of the management committee:

Name of signatory:

Role of signatory:

Date: