



## Nutrition Policy

We aim to promote healthy eating within the Pre-School through projects we do with the children, through communication with the children's parents/carers and the structure of the day at the Pre-School.

We are committed to equality of opportunity (please see our Equal Opportunities policy), and plan our programme to extend the children's experience and knowledge of other cultures, celebrations and festivals, to include the different foods eaten.

We try to make the children aware of the different food groups and the need for a balanced diet through play and discussion.

Our registration form, which is completed by parents in respect of every child, asks the parents to record if the child suffers from any allergies (including food intolerance) and whether the child has any special dietary requirements (e.g. vegetarian, religious, cultural, medical).

We will provide water and milk for the children at morning break-time and water is available for whenever the children are thirsty.

We request that parents support us in our healthy eating aims when providing packed lunches for their children in the following ways:

- Pack food in a lidded container (preferably with an ice pack as we have no means of cold storing the packed food) with your child's name on it
- Pack drink in a non-breakable container with your child's name on it
- Avoid any foods such as crisps, chocolate, sweets or fizzy drinks or any other foods with high levels of additives/colourings (some children are highly sensitive to these ingredients which can severely affect their behaviour and/or make them sick)
- No NUTS as children with a severe allergy to nuts can suffer extreme reactions even via indirect contact.
- Healthy snacks are provided by the pre-school daily.

We are of course conscious of parental choice and where possible will comply with parent's wishes regarding the above.

We aim to promote hygiene by asking the children to wash their hands before snacks or meals (for further information please see our Health and Safety policy). We try to make snacks and meals sociable occasions with the children sitting down together in small groups. We also ask our staff when eating with the children to adhere to this policy.

Any uneaten food will be left in the children's lunch boxes so parents can then see what the child has or has not eaten.

This policy was adopted at a meeting of Trustees on .....

and was check and re-affirmed on .....

Signed on behalf of The Little Pennies Pre-School

..... (Chairperson)

