



## Food Policy

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 group will ensure that:

All meals and snacks provided are nutritious, avoiding large quantities of sugar, salt, additives, preservatives, and colourings. Children's medical and personal dietary requirements are respected.

Menus are planned in advance and food offered is fresh, wholesome and balanced. A multicultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity to also try unfamiliar foods. The dietary rules of religious groups and also of vegetarians or vegans are known and met in appropriate ways.

If a main meal is offered, the following elements are included:

Protein for growth

Carbohydrates for energy

Essential minerals and vitamins in raw foods, salads and fruits.

Milk is provided for children, this is whole or semi-skimmed milk and is pasteurised.

Water is provided at all times.

Children under 2 years can be provided food by parents/carers as long as it is in the original packaging with the manufacturer's heating guidelines on the packet. These will be followed by staff to ensure that the food is cooked to the correct temperature.

We do not reheat food that is prepared at home as there are no manufacturer's guidelines to follow.

Policy adopted October 2019

Signed Director

Company Secretary

Woodcroft Pre-School and Wrap Around Care