

FOOD AND DIET POLICY

Healthy eating habits will be promoted and social skills developed and encouraged during refreshment and meal times.

Children and adults will wash their hands prior to handling food, mealtimes and snack times. All staff employed in the handling of food will wear appropriate clothing.

Food offered will be fresh, nutritious and well-balanced:

- foods which contain high proportions of fat, sugar or salt will be avoided
- the use of foods containing additives, preservatives and colourings will be minimised.

Main meals will include the following elements:

- Balanced diet.

Drinks will be available at all times.

- full fat pasteurised milk or water will be offered
- hot drinks will be kept out of reach of children
- food will be served immediately and not reheated.

All dietary requirements must be respected including:

- personal
- medical
- religious.

Diets and eating practices of all cultures will be positively valued, giving children an opportunity to identify with the familiar and to learn to enjoy and respect other traditions.

Mealtimes:

- where possible adults will sit with children to encourage good habits and conversation.
- children will sit in small groups
- all snacks will be served on plates/dishes
- children will be allowed to eat and drink at their own pace
- children will never be left unattended while eating/drinking
- all menus including snacks will be displayed for parental information.

Attention will be given to hygiene, storage and waste disposal. All premises should be registered with the local authority according to the Food Premises (Registration) Regulations Act 1991; Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990). Advice will be sought from the Environmental Health Officer where needed.