

## Diet - Policy and Practice

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. Offwell Under Fives will ensure that:

- All meals and snacks provided are nutritious, avoiding high contents of fat, sugar, additives, preservatives and colours.
- Children's medical and personal dietary requirements are respected.
- Food offered is fresh, wholesome and balanced.
- Food offered to children will be from a variety of cultures, so that all children will have the opportunity of having food that is familiar to them, as well as trying foods which they may not previously have encountered.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- Milk provided for children is whole and pasteurised.