

Diet - Policy & Practice

The sharing of refreshments can play an important part in the social life of the Nursery as well as reinforcing children's understanding of the importance of healthy eating. The Nursery will ensure that it fulfils all the requirements of the registering authority and that:

- Before a child starts to attend the group, staff discuss with parents the child's dietary needs, including any allergies, and make appropriate arrangements to meet them.
- A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- Water is constantly available for children to pour themselves.
- We have milk and water daily and all milk is whole and pasteurised together with a choice of healthy snack / fruit as well as vegetables / bread sticks. Plain biscuits are occasionally provided at our snack bar.
- During summer months drinks are available on an as need basis although water is constantly available.
- Toast is offered to children on selective weeks depending on the weather.
- We have for the second time achieved a level 5 certification for hygiene and environment (this is the top classification).
- Some staff have been on the allergen training course and we publicise all food being given or consumed at nursery on our door for all parents to view. This will help parents identify any potential issues and advise staff.
- All staff have health and food hygiene training.

Signed on behalf of the Nursery _____