

## **Hind Leys Pre-School & Natural Play Centre**

### **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. The Pre-School will ensure that:

- All food provided is nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings (balanced).
- Children's medical and personal dietary requirements are respected. We are a Nut free setting.
- Where appropriate, children are introduced to foods from various countries and cultures, and encouraged to be involved in a variety of food preparation methods.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- When drinks are provided for children, a choice is given of milk or water, and is available for most of the session. Milk provided for children is whole and pasteurised.