

SWILLINGTON PRE-SCHOOL PLAYGROUP

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 snacks provided are nutritious and cultural.
- Children's medical and personal dietary requirements are respected and recorded on the registration form.
- 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.
- A multi- cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.

Signature:
Date:

Position held:

