



Diet - Policy and Practice

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

All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings

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 registration form is completed for each child, with a specific section for dietary requirements

Menus are planned in advance and food offered is fresh, wholesome and balanced

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

The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways

Water is constantly available

Children are offered food every three hours

Children arriving early and/or staying late will be offered an appropriate meal or snack

Menus of meals/snacks are displayed for the information of parents

Parents providing packed meals will be advised about safe storage and healthy eating

If a main meal is offered, the following elements are included:

- protein for growth
- carbohydrate for energy
- essential minerals and vitamins in raw foods, salads and fruits

Milk provided for children is whole and pasteurised.

This policy was adopted at a meeting of Kidstime held on

.....(date)

Signed on behalf of Kidstime @ St Josephs School

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Reviewed by.....***Date***.....