



The Secret Garden Pre-school
Wellington Avenue
Princes Risborough
Bucks HP 27 9HY
07759 582307

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 meals and snacks provided are nutritious. All foods are in date and not past their 'used by' or 'best before' date.
- Children's medical and personal dietary requirements are respected.
- A multi- cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes where possible, 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.
- Milk provided for children is semi-skimmed and pasteurised.
- We are aware of any allergies amongst children and staff in our group, and therefore make necessary requirements with regard to food.
- We have rules about swapping and sharing of food, and at all times children are encouraged to eat their own packed lunch, to protect children with allergies.

The pre-school adopted this policy on ...7th January 2011.....

By Hayley White

Signed on behalf of the staff..... *HWhite*.....