



Milborne Ladybirds Playgroup

DIETARY POLICY

The sharing of refreshments can play an important part in the social life of the Preschool as well as reinforcing children's understanding of the importance of healthy eating. The Preschool will ensure that:

See COVID notice of changes due to pandemic procedures

- Snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Children's medical and personal dietary requirements are respected.
- In the case of food allergies every precaution will be taken to ensure the child does not come into contact with that substance. All Staff will be made aware of individual circumstances. In severe cases a photo of the child with details of the allergy and procedure to be followed if contact occurs will be displayed in the snack area.
- Food offered is fresh, wholesome and balanced.
- A multi-cultural diet is offered to ensure that children from all backgrounds encountered 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.
- Milk provided for children is semi skimmed and freshly purchased.
- All children in the group are entitled to one-third pint of free milk per day. Water will be provided throughout the session and children encouraged to help themselves when thirsty.
- We encourage parent and child involvement in food provision and preparation.
- It is sometimes financially necessary to ask families to contribute to the snack provision. Any food contribution should be for the benefit of the whole group and not specifically for their child. Please provide simple food e.g. fruit.

Reviewing the Policy

The Dietary Policy will be kept under review and will be reviewed annually

This policy was reviewed and agreed at a meeting of the Management Committee held on 25 August 2020

Signed  Chairperson

Policy No. 13 – Version 1.3

Dated August 2020