



# Diet Policy and Practice

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**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 provides:

- A healthy snack and a drink of water or whole pasteurized milk is provided at the morning snack time.
- Children are involved in snack time by helping each other to serve and clear plates. Sometimes snack will be linked to an observed activity e.g making pancakes, cutting up fruit and vegetables, making sandwiches.
- In addition, children are asked to bring in water in a named container for their individual use throughout the session. Water is always available. Children may be reminded to drink throughout sessions.
- Parents have guidelines detailing what lunch boxes should and should not contain and it is their responsibility, although reminders will be given.
- Children's known medical and personal dietary requirements are respected when known.
- The dietary rules of religious groups and also of vegetarians and vegans are respected when known.
- Allergies – With severe known allergies, all parents will be informed and steps taken to ensure the safety of the child and all children within session time.