



Diet Policy

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

- All snacks and drinks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives or 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 their requirements.
- Children from all backgrounds will encounter familiar tastes and all children have the opportunity to try unfamiliar foods from other cultures providing we have parental permission.
- The dietary rules of religious groups and also of vegetarians/vegans will be met and upheld in appropriate ways.
- Water is constantly available. Children bring a named plastic bottle of water each day.
- Milk provided for the children is pasteurised.
- Children are offered food at least every three hours.

If two or more children being looked after on the premises are affected by food poisoning, the Manager or Deputy Manager will notify Ofsted as soon as reasonably practical and within 14 days of the incident.