



Spinney Pre-School Diet Policy and Practise

Spinney Pre School regards snack and mealtimes as an important part of the setting's day. 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. Pre School recognises that it is very difficult to think of different alternatives to crisps, sweets or chocolate bars etc. To help aid families, we have healthy snack leaflets, posters to give ideas. As a general rule, we encourage children to have snack from Pre School which is always healthy and can often be part of their five a day.

At snack times, we aim to provide nutritious food, which meets the children's individual dietary needs. Where necessary we consult with outside agencies to provide for an individual child's dietary/allergy needs.

The Pre-School ensures that:

- Most snacks provided are nutritious, avoiding excessive quantities of fat, sugar, salt, additives, preservatives and colourings.
- Children's medical and personal dietary requirements are respected.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- Staff record information about each child's dietary needs in the individual child's registration form; parents sign the form to signify that it is correct.
- Through on-going discussion with parents and research reading by staff, staff obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. Staff take account of this information when providing food and drink.
- Fresh drinking water is available at all times throughout the day.
- We display current information about individual children's dietary needs on the wall in the kitchen, so that all staff and volunteers are fully informed about them.
- We display the snack list for Parents/Carers for their information on the notice board.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- All staff show sensitivity in providing for children's diets, allergies and cultural or ethnic food preferences. A child's diet or allergy is never used as a label for the child, they are not made to feel 'singled out' because of their diet, allergy or cultural/ethnic food preferences.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.
- Staff will sit with children while they eat and will provide a good role model for healthy eating.
- Milk provided for children is semi skimmed and pasteurised unless specified by Parent/Carer due to allergies and water will be provided as a means of an alternative drink.
- Details of the snack provided will be displayed on the notice board
- Children will be encouraged to finish their drinks

Fussy/faddy eating

- Children who are showing signs of ‘fussy or faddy eating’ are not forced to eat anything they do not want to.
- Staff recognise the signs that a child has had enough and remove uneaten food without comment.
- Children are not made to stay at the table after others have left if they refuse to eat certain items of food.
- Staff work in partnership with parents to support them with children who are showing signs of ‘faddy or fussy eating’ and sign post them to further advice, for example, How to Manage Simple Faddy Eating in Toddlers (Infant & Toddler Forum) <https://infantandtoddlerforum.org/health-and-childcare-professionals/factsheets/>

This Policy was adopted at a meeting of the Pre-School held on (date)_____

Signed on behalf of the Pre-School_____