

## EXPLORERS POLICY AND PROCEDURES

Name	Diet Policy and Practice
No. of pages	1

The sharing of refreshments can play an important part in the social life of the pre-school as well as reinforcing the children's understanding of the importance of healthy eating.

Explorers will endeavour to ensure that:

- All snacks provided by Explorers will be nutritious and avoid large quantities of additives, preservatives, fat, sugar, salt and colourings.
- Children's medical and personal dietary requirements will be upheld and respected, based on information received on the enrolment form.
- The dietary rules of religious groups and also vegetarian/vegans are known and met in appropriate ways.
- Milk provided for children will be Semi-Skimmed and pasteurised.
- A list of allergens will be kept within the food safety file for parent's information.
- Water is freely available throughout the day.

This policy was adopted at an Explorers committee meeting held on

Date: 15/07/2022

Approved by:

Kelly Groves – Chair Person

Anna Swinburn - Supervisor