



DIET POLICY

Woodpeckers Pre-school aims to ensure that snack time and lunchtime is an enjoyable experience for the children and staff, where children are offered meals, snacks and drinks which are healthy, balanced and nutritious.

The importance of healthy eating and the effects on our bodies is regularly discussed with children at every opportunity. Snack and lunch time offer the perfect opportunity for practitioners and children to participate in these discussions.

Discussions are held with parent/carers when children join the pre-school to ensure that each child's individual needs are catered for, ie special diets or food allergies.

Parents/carers are asked to observe our NUT FREE POLICY in Woodpeckers.

Fresh Drinking Water is available at all times.

Snack

Children are encouraged have snack each morning. To meet the needs of 2 year olds, they are given the opportunity and encouraged to have snack before the older children. Parents/Carers are asked to donate fruit on a weekly basis to ensure we are able to offer a wide variety of fruit to the children, this is set up as a fruit bar which children access independently during snack time. Children have a choice of water or milk to drink. These are placed in small jugs on the table to promote independence.

Lunch Club 12.00pm – 1pm

Parents/Carers are encouraged to send children with a nutritious packed lunch which will be stored in our refrigerator until lunchtime. We request that children do not bring sweets, chocolate bars or sweet drinks to pre-school and grapes are sliced lengthwise to reduce the risk of choking.

Children are not allowed to swap or share items in the lunch boxes. However, if it does happen, parents/carers will be informed. If packed lunches are forgotten, we will provide a nutritional lunch for the child at a cost of £2.00.

This policy was adopted on 1st September 2009 and will be reviewed annually.

Signed.....
Chelsea Groome (Chairperson)
Trustee of Woodpeckers Preschool CIO

