



YSGUBOR FACH

DIET POLICY

Sitting down to eat with other children 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:

All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt additives, preservatives and colourings.

Before the child starts to attend the Nursery, staff will discuss with parents the child's dietary need including any allergies and make appropriate arrangements to meet them.

Snacks are planned in advance and food offered is fresh, wholesome and balanced.

A diet encompassing food from a range of cultures ensures that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try different cuisines.

The dietary ruled of religious groups and also of vegetarians/vegans are known and met in appropriate ways.

Water is readily available.

Children will be provided with snacks.

Weekly menus are displayed for the information of parents and can be found on the website.

Our Policies and Procedures are reviewed yearly.

Many Thanks,

Eleri Thomas