***Diet***

*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. The pre-school will ensure that:*

* *All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings. Children are offered fruit or vegetables every day.*
* *Children's medical and personal dietary requirements are recorded and respected. Any known allergy or dietary needs are shared with all staff and volunteers.*
* *Children with home prepared packed lunches are required to have an ice pack and drink included. Parents are encouraged to provide a healthy, balanced packed lunch.*
* *Menus are planned in advance and food is fresh, wholesome and balanced.*
* *A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity to try unfamiliar foods.*
* *The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.*
* *Milk provided for children is semi-skimmed and pasteurised and free of charge.*
* *Children are encouraged to sit appropriately at a table to eat and drink together.*
* *Hot meals are provided through Westgate Primary School.*

*This policy was reviewed by Westgate Pre-school committee, October 2018*

*Signed on behalf of Westgate Pre-school Ltd …………………………………………..………*

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*Review Date October 2019*