



## **Stepping Stones Pre School** **Food and Drink Policy and Practice**

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. We will sit together at snack and lunch time to make this a social event and encourage children to sit and eat their food together before putting everything away and getting down from the table.

The Pre School will ensure that:-

Children will be able to grow their own fruit and vegetables at Pre School and harvest them for their healthy snacks, learning about the growing and harvesting of fruit and vegetables.

Fruit and vegetables we grow will be used in cookery sessions to promote healthy eating and to encourage children to eat a range of fruit and vegetables.

All meals and snacks provided are nutritious and contain some carbohydrate but avoid large quantities of fat, sugar, salt, additives, preservatives and colourings.

We will encourage parents to provide healthy lunch boxes. To promote healthy eating we will encourage children to eat their sandwiches or savoury items first this is to prepare them for school lunch times.

Children's medical and personal requirements are respected.

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. This may be by tasking different fruits or breads or by giving

children the chance to make stir fry's or curries in our cookery sessions to sample at snack time.

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.

Children are allocated a third of a pint of milk a day and can pour half a cup of milk or water into their cup at snack time but this will be topped up if they are still thirsty. A no spill cup will be available for children who are developing the skill of using a normal cup.

Children will have access to water throughout the session and are also welcome to bring in their own drinks. Children without a drink in their lunch box will be provided with a drink of water.

**THIS POLICY WAS ADOPTED AT A MEETING OF THE  
PRESCHOOL HELD ON (DATE).....**

**SIGNED ON BEHALF OF THE PRE-SCHOOL.....**