

## **Nursery Plus Pen-y-Bryn & Pre Nursery Pen-y-Bryn**

### **Food and Diet Policy**

It is recommended that all staff responsible for the handling of any food have a current and valid Food Hygiene Certificate. Healthy eating habits will be promoted and social skills developed and encouraged during refreshment and meal times. Parents will be advised to include a refrigerated cool bar in their children's lunchboxes. Children and adults will wash their hands prior to handling food, mealtimes and snack times. All staff employed in the handling of food will wear appropriate clothing.

Food offered will be fresh, nutritious and well-balanced:

- foods which contain high proportions of fat, sugar or salt will be avoided
- the use of foods containing additives, preservatives and food colourings will be minimized.

Drinks will be available at all times.

- pasteurised milk or water will be offered in preference to squash.
- hot drinks will be attended to and kept out of reach of children

All dietary requirements must be respected including:

- personal
- medical
- religious.

Diets and eating practices of all cultures will be positively valued, giving children an opportunity to identify with the familiar and to learn to enjoy and respect other traditions.

Mealtimes:

- where possible adults will sit with children to encourage good habits and conversation.
- children will sit in small groups
- all snacks will be served on plates/dishes
- children will be allowed to eat and drink at their own pace
- children will never be left unattended while eating/drinking
- all menus for snacks will be displayed for parental information.

Attention will be given to hygiene, storage and waste disposal. All premises should be registered with the local authority according to the Food Premises (Registration) Regulations Act 1991; Food Safety Act 1990 and Food Hygiene Amendment (Regulations 1990). Advice will be sought from the Environmental Health Officer where needed.

This policy has been reviewed and approved by the Governing Body

Signed: \_\_\_\_\_

Date: January 2026

Review date: January 2027