



## Dietary Policy

The sharing of refreshments can play an important part in the social life of the nursery. We will ensure that:

- All snacks provided are nutritious
- Children's medical and personal dietary requirements are respected
- Milk provided for the children is whole and pasteurized
- We organize meal and snack times so they are social occasions in which children and staff participate
- We use meal and snack times to help children develop independence through making choices, serving food and drink and feeding themselves
- We have fresh drinking water consistently available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day
- Children are required to bring packed lunches if they stay for lunch. We encourage parents to provide sandwiches with a healthy filling, fruit and milk based desserts. We discourage packed lunch contents which largely consist of crisps, processed foods, sweet drinks and products such as cakes and biscuits.

This policy was adopted at a meeting of The Robin Nursery Committee

Held on .....

Date to be reviewed .....

Signed on behalf of the Nursery .....

Name of signatory ..... (Chairperson)