

H1RADDUG PLAYGROUP
POLICY PACK FOOD AND
DIET POLICY

Healthy eating habits will be promoted and social skills developed and encouraged during refreshment times.

Food offered ^{will} must 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.

Whole-pasteurised milk will be offered in preference to squash. All dietary requirements will be respected including:-

- Personal
- Medical
- Religious

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

Attention will be given to hygiene, storage and waste disposal. Food Safety Act 1990 (and Food Hygiene Amendment Regulations 1990). Advice will be sought from the Environmental Health Officer where needed.

Revised April 2005.