

Bluebelle Nursery

FOOD AND DIET POLICY

Healthy eating habits will be promoted and social skills developed and encouraged during refreshment and meal times. Food offered 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 minimised

Whole, pasteurized milk will be offered in preference to squash.

All dietary requirements must be respected including:-

- personal
- medical
- religious

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