



PALS Diet Policy

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Created: 01/05/2003

Last Updated: 29/08/2008

We believe that shared meal/snack times play an important part in the social life of every child. We would like to use this valuable time for developing their conversational skills and to introduce children to a wide variety of foods from many different cultures, some familiar and some unfamiliar. This is also an important time for reinforcing the importance of healthy eating.

We will ensure that we fulfill the requirements of the registering authority and that:

- All meals and snacks provided are nutritious avoiding large quantities of fat, sugar, salt, additives, preservatives and colorings.
- Appropriate record to be kept of child's dietary needs as advised by the parent before the child starts attending the pre-school. All staff to be aware of any specific need and to make appropriate arrangements to meet them.
- A diet encompassing food from a range of cultures will be offered.
- Staff will have a working knowledge of dietary rules for religious groups, vegetarians/vegans and appropriate food will be offered.
- Water will be constantly available.
- Children will be offered food regularly, snack and lunch (where appropriate).
- Children staying for a full day or the lunch club session to bring packed lunch.
- Parents providing packed meals will be advised about safe storage.
- Menus of snacks are displayed for the information of parents.