



Spring Grove School

EYFS Diet – Policy and Practice

The sharing of refreshments can play an important part in the social life of children in the Early Years, as well as reinforcing the children's understanding of the importance of healthy eating.

In Early Years we will ensure that:

- All meals and snacks are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Water will be available at all times for children who are thirsty.
- Children's medical and personal dietary needs are respected.
- Milk provided for children is semi-skimmed and pasteurised.
- An alternative to milk is provided.
- We are aware of specific dietary needs and display this information in the kitchen to make sure staff and volunteers are aware of their needs.
- We ensure that children only receive food and drink which is consistent with their dietary needs and their parent's wishes.
- We include foods from the diet of a variety of cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We find out the necessary information regarding the dietary rules of a child's religious group, and of vegetarians and vegans and about food allergies. We take this information into account in the provision of food and drinks.
- We organise meal and snack times so that they are social occasions in which staff and children participate.
- We use snack and meal times to help children to develop independence through making choices and feeding themselves.
- We inform parents who provide food for their children about the storage facilities available.
- We have rules about children sharing and swapping their food with one another in order to protect children with food allergies.

Carol Clarke
Head of Early Years
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