



DIET – POLICY AND PRACTICE

The Brentry & Henbury Children's Centre recognise the importance of a healthy and balanced diet to the optimum development of the young child. We also appreciate the vital role that the sharing of meals and snacks can have on social development. With this in mind, the BHCC will ensure that:

- All meals and snacks provided are wholesome, nutritious and balanced, avoiding large quantities of fat, salt, sugar, additives, preservatives and colourings.
- Children's medical, religious and personal dietary requirements are respected.
- Every attempt will be made to include 5 portions of fruit and/or vegetables during the Nursery day.
- All meals and snacks will be presented in a manner to appeal to the children, respecting individual developmental stages.
- Tables will be cleaned and prepared ready for every snack or meal time. A quiet area will be prepared for babies and young children which contains appropriate seating.
- All food and drinks will be served in an atmosphere that is relaxed, unhurried and calm. A member of staff will sit with each group of children to encourage positive eating habits and communication.
- Menus are planned in advance and food offered is fresh, wholesome and balanced.
- Parents and carers will be given a menu plan each month. Parents are encouraged to comment and make suggestions on all aspects of diet.
- A multi-cultural diet will be offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- Milk will be provided each day and will be whole and pasteurised.
- Children will be encouraged and assisted to wash their hands prior to sitting down for any meals or snacks.