



Providing Healthy Food and Drink

At St Michael's Preschool, the children are encouraged to make choices not only about the things they play with but also about the food and drinks they have.

Drinking water is available for the children throughout the session.

Snacks are provided during the session. At snack time children are offered a variety of fresh fruit, vegetables and foods that are low in salt, sugar, saturated fats and artificial additives. A choice of milk or water is available to drink.

Once a week, the children are invited to join in a cooking activity which may be served during snack time.

Children sit at a table together during snack time, with familiar adults supporting them. Children are encouraged to make food and drink choices, serve themselves and wash up their plates and cups.

Information relating to allergies, religious beliefs and special dietary requirements are obtained from parents/carers, and are taken into consideration when snacks and meals are being offered. Special dietary requirements are displayed clearly in food preparation areas.

Staff preparing food and drink hold a current level 2 Food Hygiene Certificate.

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