



DI ET - POLI CY AND PRACTI CE

At Toptotz, healthy eating habits will be promoted and social skills developed and encouraged during refreshment and meal times.

All staff responsible for the handling of any food will hold a current Food Hygiene Certificate.

The sharing of refreshments can play an important part in the social life of the Nursery as well as reinforcing children's understanding of the importance of healthy eating and promoting independence. The Nursery will ensure that:

- All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt additives, preservatives and colourings.
- Children's medical and personal dietary requirements are respected.
- Menus are planned in advance and food offered is fresh, wholesome and balanced.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity also to try unfamiliar foods.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- If a main meal is offered, the following elements are included:
 - Protein for growth
 - Carbohydrate for energy
 - Essential minerals and vitamins in raw foods, salads and fruits
 - Milk provided for children is whole and pasteurised.
 - Drinks will be available at all time.
- Adults will sit with the children during mealtimes to encourage good habits and conversation.
- All children will be allowed to eat and drink at their own pace.
- Children will never be left unattended while eating and drinking.
- Meal and snack times are held in a happy and social atmosphere.