



## Food and Diet Policy

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All Staff at Teifi Tots that are responsible for handling food will have a valid Food Hygiene Certificate.

Healthy eating habits will be promoted and social skills developed and encouraged during refreshment and meal times.

Children and adults will wash their hands prior to handling food, mealtimes and snack times. All staff employed in the handling of food will wear appropriate clothing.

Food offered will be fresh, nutritious and well balanced.

All foods that may contain high proportions of fat, sugar or salt will be avoided, and foods that contain additives, preservatives and colourings will be minimised.

Drinks will be offered and available at all times.

All dietary requirements must be respected including:

- Personal
- Medical
- Religious

Diets and eating practices of all cultures will be positively valued, giving children an opportunity to identify with the familiar and to learn to enjoy and respect other traditions.

### Mealtimes:

- Where possible adults will sit with children to encourage good habits and conversation
- Children will sit in small groups
- All snacks will be served on plates / dishes
- Children will be allowed to eat and drink at their own pace
- Children will NEVER be left unattended while eating / drinking
- All menus including snack will be displayed for parental information

Attention will be given to hygiene, storage and waste disposal and advice will be sought from the Environmental Health Officer where needed.