



Meadow Drive, Horringer, Suffolk, IP29 5SB
Tel: 01284 735181 E: manager@horringerpreschool.co.uk
Charity: 1164658

Food and Drink Policy

At Horringer Pre-School we like to create a relaxed, social environment at snack times while promoting healthy eating, health and hygiene.

- All snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- Children's medical and personal dietary requirements are observed and respected.
- A multi-cultural diet is offered enabling children to try a range of foods both familiar and new.
- Milk provided is pasteurised.
- Water is available at all times.
- Children are involved in the preparation of food and begin to develop an awareness of where their food comes from.
- Children are given the opportunity to grow vegetables in the Pre-School garden.
- Children are made aware of health and hygiene practices when handling food ensuring they wash their hands before preparing or eating food.
- Children are invited to bring in food to share with the group on special occasions such as birthdays.
- Children's food allergies and special dietary requirements are recorded on the back of their refreshment cards for staff's information.



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