

Cooking Policy

Great consideration is placed on the food we offer your child. These are the elements which are taking into consideration when our cook develops the menus we eat.

- Centre menus and snack offerings are planned to ensure across the course of a day; children will receive a minimum of 5 portions of vegetable / fruit.
- Salt is not added to any of the food prepared on site.
- When preparing homemade cakes, puddings, custard etc. the sugar content is reduced by one third following recipe guidelines.
- Recipe cards are created to ensure consistency of dishes - these clearly illustrate the reduced sugar content, vegetable content etc.
- Sugar free squashes are only available within the Centre at family social events when it is the parents' choice for their child to have either this or water.
- At family social events, foods may be special to the occasion. It is the choice of parents if they attend and their choice to consume what we offer.
- A Christmas lunch cooked onsite is the only time your child will be offered meat as part of a planned lunch meal. Parents are asked if their child will be eating meat or would prefer a vegetarian option.
- Biscuits offered are plain and low in sugar.
- Canned fruit is in its own natural juice.
- Weekly deliveries are received of fresh fruit and vegetables.
- An alternative for those children who have special dietary requirements is created to resemble as closely as possible that dish which is being presented to the children.
- A stock rotation system is managed within the Centre kitchen pantry to ensure food is stored and used in line with retailer use by/sell by dates
- Breadsticks and fresh fruit are freely available as children require in play areas.
- Healthy snacks are offered during the day these include; breadsticks, plain biscuits, carrot sticks, pepper sticks, cucumber sticks, chopped fruit.
- Fresh fruit juice is offered at breakfast time when cereal is on the menu and is diluted half and half with fresh water.
- Semi skimmed milk will be offered to children over the age following national guidelines.

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The Centre Cook plans the menus regarding National Guidelines regarding healthy diet and nutrition for young children. The Food and Nutrition department at the University of Leeds offers additional support in the development of nutritional standards within the Centre. Please see Food and Nutrition Policy for further additional information.

This Policy was adopted on	12 th July 2017
Signed on behalf of the Centre	Fiona Hakin
Date for review	12 th July 2018