SCOTFORTH AFTER SCHOOL CLUB

HEALTHY EATING

FOOD & DRINK POLICY

STATEMENT -

Children will be provided with have access to drinking water and food in adequate quantities for their needs whilst at the club. Food and drink should be properly prepared and stored and offer variety, choice and nutrition. The club will comply with parents' wishes with regard to dietary and religious requirements and cater for individual needs.

As a supporter of Change 4 life our club will actively work with parents and carers and their children to promote healthy eating and life choices to contribute to the wider strategy to improve the quality of health/life for future generations, helping to combat health issues such as obesity & diabetes.

AIMS -

- ◊ To ensure that children have access to fresh drinking water at all times.
- ◊ To be alert and responsive to the needs of children.
- ◊ To meet the individual needs of children who attend and comply with the wishes of parents.
- ◊ To promote healthy choices by providing food that is low in sugar and fats.
- ◊ To educate children about preparing food and the benefits of a healthy diet. Children should know and understand what being healthy means and learn how to keep themselves healthy

MEANS -

- ◊ By providing jugs of water which the children can access at any time.
- ◊ By encouraging children to ask for drinks and making them aware that water is available.
- ◊ By providing water or milk during rolling snack
- ◊ By consulting with children and parents about the variety of snacks available and providing specific information for parents about what early years children have eaten and encouraging dialogue with other parents
- ◊ Providing details of the daily snack on the wipe board for parents to view during collection.
- ◊ By obtaining accurate information from parents at registration about their child's dietary needs and preferences.
- ◊ By keeping an up to date list of food allergies and special dietary requirements.
- ◊ Food allergy awareness training must be provided for all staff and a list of ingredients of all food we provide for children must be kept in a file
- ◊ By incorporating healthy food preparation sessions into the activity programme for all age groups.
- ◊ By offering healthy choices at snack time, providing at least 2 of 5 a day fruit or vegetables and encouraging the children to try new foods.
- ◊ By ensuring staff are trained in Level 2 food safety to ensure good hygiene and preparation.
- ◊ By maintaining a book of simple recipes for the children to prepare healthy snacks for themselves.
- ◊ By ensuring that no child will ever be forced to eat or drink something against their will and that the withholding or granting of food and drink will never be used as either a punishment or reward.

Amended or checked: 20/02/24
Statutory Framework for the Early Years Foundation Stage 2024. Safeguarding& Welfare Requirements: Food & Drink 3.56 and Food & Drink facilities 3.57