

HOLIDAY CLUBS FOOD AND DRINK POLICY

The School is committed to promoting Healthy Eating. We believe that installing good eating habits at an early age will encourage good eating habits during a lifetime. We believe that children are healthiest, happiest and ready for enjoyment following consumption of healthy food and snacks.

We aim to work in partnership with families and staff to support children to develop healthy eating practices which will become embedded for life, and to ensure that individual cultural, medical and dietary needs are met.

We aim to raise awareness with children, parents/carers and staff to develop a positive, fun and exciting approach to food.

We will

- provide consistent information on healthy eating options and aim to support families/carers to send in healthy lunches and snacks for their children.
- where necessary, we will support our families/carers by suggesting alternative healthy food and drink options
- offer healthy snacks to the children at break times
- ensure there is always fresh covered drinking water for the children at any time throughout the day
- ensure staff undertake relevant training for staff where needed, including food hygiene
- use a range of resources to promote healthy eating in our setting, such as large posters children have made showing their healthy lunches/snacks.
- monitor and evaluate our healthy eating aims during every session.
- always promote positive social interaction and social skills during snack time and meal times, with staff members eating together with the children
- encourage our staff to promote healthy eating with their own lunches and snacks
- celebrate food and the different food to be eaten in moderation, seeing food as an important part of culture and tradition
- reflect food provision to support the medical, cultural and religious needs of the children
- ensure that children are getting the recommended hour of exercise a day to compliment their healthy eating
- ensure group cooking sessions offer a variety of healthy food options and new tastes are actively encouraged
- consult our children, young people and parents/carers on food provision and healthy eating, seeking guidance if necessary from professionals
- always make sure we follow direction from parent/carers on food allergies or food not allowed to be given to children

Food and Drink

The staff will provide healthy, nutritious and tasty food and drinks for children during sessions. The Playleader and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of the children.

- When preparing food and drink, staff will be mindful of the provisions of the Hygiene Policy to ensure that the safety of the staff and children are paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.
- The Playleader and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. All staff who either handle or prepare food are trained in food storage, preparation, cooking and food safety.
- As part of a child's admission process, we require that the parents/carers complete their child's Passport to Play, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The Playleader and staff will ensure that food and drink offered takes account of this information so as to safeguard their health and meet – as far as possible – their particular preferences.
- No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.
- Parent/carers will be notified in their child's club that we are unable to place lunch boxes in the fridge, so they should be packed with ice packs and only suitable food should be sent.
- **Playleaders will notify Ofsted 08456 40 40 40 of any food poisoning affecting two or more children looked after on the premises. It is an offence not to comply with this requirement.**

Cultural and Religious Diversity

- The staff are committed to embracing the cultural and religious diversity of the families who use our services. The Playleader and staff will work with parents/carers to ensure that any particular dietary requirements are met. Staff are also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.