



FOOD AND DRINK POLICY

Our Club is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The Manager 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 all the children.

When preparing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure that both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The Manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. The Club is registered with the local authority to provide food. All staff that either handles or prepares food has up-to-date Food Handling certificates and are fully trained in food storage, preparation, and cooking and food safety.

During registration the Club requires that the parents/carers complete the registration form, including information about any special dietary requirements or allergies the child suffers from. The Manager and staff will ensure that food and drink offered to children takes this into account as to safeguard their health.

No child will be forced to eat or drink something against their will and the withholding of food and drink will never be used as a punishment or reward.

Healthy eating:

The Club recognizes the importance of healthy eating and a balanced and nutritious diet. Because of this, the Club will endeavor to make a variety of foods available including; meat, vegetarian, vegan and food containing no artificial ingredients, plus also plenty of fruit and low fat/ low sugar options.

The Club will ensure that fresh drinking water is available at all times.

Cultural and Religious Diversity:

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

Example:

<u><i>Breakfast club</i></u>	<u><i>After school club</i></u>	<u><i>Holiday club</i></u>
Healthy options are offered, including: healthy cereals, toast, fresh fruit, milk, water and fruit juice.	A drink and snack will be offered to all children, this will consist of a variety of fruit and fresh vegetables, then a choice of bread, crackers, tortilla wraps, bread rolls, pitta bread and a variety of spreads. Drinks offered are milk or water. T (Choices will vary)	A drink and snack will be offered during AM and PM sessions. Lunchtime as approx 12.00pm therefore if you have booked an AM or full day session, a packed lunch is required.

Packed meal can be offered to the children whose parents/carers have requested it, there is an additional charge for this, * see price list

**Relates to Theme: A Unique Child
Principle 1.4 Health and Well-being**