



Healthy Eating Policy

Kids Club Ely Ltd 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 Health and Safety policy.

Appropriate members of staff hold the Food Handling certificate and are fully trained in food storage, preparation, cooking and food safety.

Parents and carers are required to complete the registration form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences.

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

Kids Club Ely Ltd will follow the Schools Food Trust Eat Better Start Better guidelines for children in the Early Years Foundation Stage.

Healthy Eating

The staff at Kids Club Ely Ltd will make every effort to promote healthy eating and will lead by example.

- Clubs on school sites will comply with the School's Food Trust Guidance
- Staff will discuss with children the importance of a balanced diet where appropriate
- Children will be involved in the planning of menus
- Kids Club Ely Ltd will ensure that snack time incorporates plenty of fruit, low fat and low sugar food
- Meat, vegetarian and vegan options will be available
- Good quality brown and white bread will be offered
- Healthy packed lunches are encouraged
- Kids Club Ely Ltd will not regularly provide sweets for children
- Excessive amounts of fatty or sugary foods will be avoided
- Kids Club Ely Ltd will provide a choice of healthy drinks
- Fresh drinking water will be available at all times
- Particular dietary requirements will be met by embracing medical, cultural and religious needs

- Children will be introduced to different religious and cultural festivals and events through different types of food and drink
- Children will eat food in a smoke free environment.

St John's Pre School – Healthy Eating Policy

Staff will make every effort to promote healthy eating and will lead by example.

- Staff will discuss the importance of healthy eating where appropriate.
- Children will be involved in choosing food preparation/cooking activities.
- Children will have the opportunity to participate in food preparation/cooking activities.
- Wherever possible, healthy food choices will be available.
- Parents will provide their child with a fresh fruit or vegetable snack per session.
- Parents are encouraged to provide healthy packed lunches for lunch club, Packed lunches that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits are discouraged.
- A choice of milk or water will be provided by the pre-school for snack time.
- Fresh drinking water will be provided at all times throughout the session.
- Particular dietary requirements will be met by embracing medical. Cultural and religious needs.
- Children will be introduced to different religious and cultural festivals and events through different types of food preparation and cooking activities.
- Children will eat food in a smoke free environment.