

## Ecclesall Kids Club



### 3.0 Healthy Eating Policy

Ecclesall Kids Club Breakfast Club and Out of School Club provide healthy, nutritious and balanced food and drinks. Food and drinks are safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child and to update this when it changes.

Information regarding food allergies is recorded in each groups folder and on a photo keyring which is visible to staff whilst food is being prepared and photographs of all children with allergies and their specific requirements are available for all staff to check, at anytime.

#### **Ecclesall Kids Club promotes healthy eating and lead by example:**

- || Staff responsible for food preparation, handling and storage have received appropriate training.
- || We select our snacks based on the [Government School Food Standards](#). We are fortunate to have some experienced school cooks and kitchen staff who work in our club.
- || We promote good hand hygiene amongst the children and dispel myths such as the 10 second rule if young children to try to eat food that has fallen on the floor.
- || We never knowingly buy food containing nuts though we always bear in mind that manufacturers will not always guarantee their products are nut or allergen free.
- || We provide suitable healthy snacks for all the children, we understand about allergies and take this into account in the choices we have available.
- || Children are encouraged to develop good eating skills and table manners.
- || All children are given plenty of time to eat.
- || Where appropriate, children are involved in planning and preparing food and snacks.
- || Fresh drinking water is available at all times.
- || Fresh fruit is available at all sessions.
- || Withholding food is never used as a form of punishment.
- || Staff discuss with children the importance of a balanced diet where appropriate.
- || The Club does not regularly provide sweets for children.
- || We limit access to fatty or sugary foods.
- || Children are never forced to eat or drink anything against their will.
- || We survey our children and parents to seek their views on our menu and add new items where appropriate.
- || We ask parents not to supply food for breakfast or after school club unless in extreme circumstances.

This policy was adopted by: <i>Ecclesall Kids Club</i>	Date: 1/2/16
Last Reviewed: 01/03/22	Signed: <i>EKC Committee</i>