



### 3.0 Healthy Eating Policy

Ecclesall Kids Club provides 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, food preferences and Allergies. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child and to keep this information up to date.

Childrens dietary requirements are recorded on Magic Booking and are displayed visible for staff preparing snack with dietary requirements/ allergies clearly identifiable by colour coding. A staff booklet is also in place with each child's picture and dietary requirement/ allergy clearly written alongside the photo. Staff also complete a daily allergy information sheet based on the children attending before they prepare and serve any food.

Ecclesall Kids Club promotes Healthy Eating and leads by example:

- Staff responsible for food preparation, handling and storage have received appropriate training.
- We follow the Governments School Food Standards to ensure we meet all food requirements.
- We provide suitable healthy snacks for all the children including those with allergies and dietary requirements.
- Children are encouraged to develop good eating skills and table manners.
- All children are given plenty of time to eat.
- When eating children must be with sight and hearing of a member of staff.
- Where appropriate, children are involved in planning and preparing food and drink.
- We survey our parents and children to seek their views on our menu and add new items where appropriate.
- Fresh drinking water is available at all times.
- Fresh fruit/vegetables are available at all sessions.
- Withholding food is never used as a form of punishment.
- Staff discuss with children the importance of balanced diet where appropriate.
- We do not regularly provide sweets for children.
- We limit access to fatty or sugary foods.
- Children are never forced to eat or drink anything against there will.
- We ask parents not to supply food for breakfast or after school club unless in extreme circumstances.

This policy was adopted by: Ecclesall Kids Club	Date: 01/02/16
Reviewed: 5.3.24	Signed: EKC Committee