



Funtastic Club Policies & Procedures

Number 11

Healthy Eating policy

Healthy Eating policy



Statement of intent

Funtastic Club regards snack and meal times as an important part of the child's day. Eating represents a social time for children, and helps them to learn about healthy eating.

Aim

At snack times we aim to provide nutritious food which meets the child's individual dietary needs, as well as giving parents information and advice on what and what not to provide in their child's lunchboxes. We aim to meet the welfare requirements.

Methods

- Before a child starts to attend the setting, we find out from the parents, their child's dietary needs, including any allergies they may have.
- We record information about each child's dietary needs in his/hers registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their child's dietary needs are up-to date.
- We display current information about individual dietary needs so that all staff and volunteers are fully informed about them.
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt, and artificial additives, preservatives and colourings.
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices and feeding themselves.
- We have fresh drinking water constantly available for the children.
- We have rules about children sharing and swapping their food with one another in order to protect each other from any food allergies.
- We abide by the school, in advising parents what should be included in their child's packed lunches. This includes providing at least one piece of fruit per day, avoiding chocolate, sweets and crisps and avoiding all sugary drinks. We encourage children to drink only water or milk, avoiding sugary drinks such as fizzy drinks, fruit juices and milkshakes.

Assessors Name	Updated on	Reviewed on	Signature
Regine Natchoo	September 17	September 18	R.Natchoo
Regine Natchoo	September 18	September 19	R.Natchoo
Regine Natchoo	September 19	September 20	R.Natchoo