



DEBS OUT OF SCHOOL CLUBS

HEALTHY EATING POLICY

- Children receive meals and / or snacks that are safely prepared nutritionally balanced of good quality and appropriate in quantity following recommendations in the Welsh Assembly Government's Food & Health Guidelines for Early Years in the Childcare Settings (2009).
- It is our aim to foster and encourage an interest in healthy eating amongst the children by offering a variety of foods from various cultures.
- Any special dietary requirements e.g. due to child's health religious persuasion, racial origin or cultural backgrounds are met.
- All children will be offered a healthy snack on arrival at club. From time to time we may also offer 'treats'. We may also offer food from other cultures as part of our activities. Children will be encouraged but not forced to eat. Amounts of food will be consumed will be moderated in negotiation with individual children. Children will be encouraged to eat at specified times and will have tables available to sit at during these times.
- All drinks will be either milk or juice based and sugar free. Fresh drinking water will also be readily available to the children at all times during the operation of the club.
- Staff preparing the food will hold an up to date food hygiene certificate. Food supplied by the club will be stored appropriately – I.e. refrigerated
- Fridge temperatures are checked and recorded daily.
- Before and after food is prepared, the surfaces in the kitchen are thoroughly cleaned.
- Children are encouraged to maintain their own personal hygiene, including the washing of hands before and after handling food.
- Staff will be fully aware of the specific dietary requirements of the children. This information will be taken from that contained within the parent / club contract. Should there be any changes to the information parents give originally completing this form then it is their responsibility to inform the play leader of such changes as soon as possible.
- In order that we conform to healthy eating it will be necessary to limit the consumption of sweets, fizzy drinks and chocolate bars on the premises. Chewing gum and bubble gum will be prohibited for the health and safety reasons. We therefore ask that parents do not provide their children with such items unless there is a specific dietary requirement to do so. In case parents should consult with the senior play leader in advance.
- When sending a packed lunch with your child to the club you should fully consider how it will be stored. We do not have a refrigeration system available to hold individual packed lunches. Parents should therefore not provide food that requires storage below room temperature unless they supply an ice pack to accompany the packed lunch.
- Staff encourage good eating habits and social skills at meal times. Sufficient time is allocated to meal times for this purpose. There will also be suitable area with

- appropriate crockery, cutlery, chairs and tables.
- We ask that parents do not send food or drink to the club with their children during term time.
 - The club does not accept responsibility for the incorrect storage of foods provided by parents.

Examples of items that require an ice pack for safe storage are:

Dairy products

Cold cooked meats and poultry

Fish / shellfish

It is important that parents / carers adhere to this to ensure the welfare and good health of their child. Incorrectly stored food can harbor dangerous bacteria.