



HEALTHY EATING POLICY

This policy has been written as a result of consultation between children, staff, parents/carers and works alongside current Nutritional Guidelines 2015.

Principles

We believe that all aspects of food nutrition in the Club should promote the health and well-being of the children, staff and visitors to our Club. No food should be thought of as “bad” food but that it is the balance within our diets which is important. We think that as an Out of School Club we have a valuable opportunity to support parents/carers in encouraging our children to build the foundations to ensure they lead a healthy lifestyle and have a healthy balanced diet. We are aware that attitudes to food and diet are adopted at an early age and can be influenced by all aspects of daily life.

Aims and Objectives

- * To promote healthy eating for the whole Club community.
- * To give children opportunities to sample a wide variety of food and to make informed choices.
- * To promote drinking water throughout the sessions.
- * We aim to review our staff food information board to ensure information relating to food and nutrition is consistent and up-to date.
- * To ensure that all staff working preparing food for the children have basic food hygiene training.
- * To support our children when changing the snack menu to represent seasonal foods and choosing upon healthy food options when deciding their new menus.
- * To support any child who has a food allergy and to support any parental decision surrounding their child's food choices. (Halal/Organic etc)

The purpose of this policy is to promote a healthy balanced diet and to promote a good attitude to food. We believe that children and parents should have the opportunity to make reasonable informed choices. We therefore propose the following guidelines:

- * Snacks provided will follow new food standards (sample menus will be on display)
- * Children encouraged to drink lots of plain water during session times.
- * We would urge parents to discourage their children to bring sweets or chocolate for snacks. Likewise if they provide a packed-tea, we would expect choices to reflect an appropriate balanced diet.
- * If parents/carers wish to send ‘treats’ for birthdays etc, to be handed out at the end of the session we are happy for them to do so.

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| This policy was adopted by: Hopscotch Kids Club | Date: |
| To be reviewed: September 2019 | Signed: |