

HAZELDENE LOWER SCHOOL CARE CLUB



Healthy Eating Policy

REVISED DECEMBER 2015

SIGNED DATE.....
CARE CLUB MANAGER

SIGNED DATE

CHAIR OF GOVERNORS

TO BE REVIEWED DECEMBER 2017

Healthy Eating Policy

Care Club will provide healthy, nutritious and balanced food and drinks. Food and drink will be 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.

Care Club will promote healthy eating and will lead by example.

- We will provide suitable healthy snacks for all the children.
- Children will be encouraged to develop good eating skills and table manners.
- All children will be given plenty of time to eat.
- Where appropriate, children will be involved in planning and preparing food and snacks.
- Fresh drinking water will be available at all times.
- Fresh fruit will be available at all sessions.
- Staff will discuss with children the importance of a balanced diet where appropriate.
- We will avoid excessive amounts of fatty or sugary foods.
- Children will not be forced to eat or drink anything against their will.

To be reviewed: DECEMBER 2017

Written in accordance with the EYFS welfare requirement: *Safeguarding and promoting children's welfare*