



AFTER SCHOOL CLUB

OFSTED REGISTERED EY397554 / EY451889

07799 855850 www.xyz-abc.org
info@xyzafterschool.co.uk

Healthy Eating Policy

The aim of this policy is to support children in developing healthy eating practices which will become embedded for life, and to provide children with positive healthy eating experiences in order to promote their well being. To respect the different dietary, cultural, religious and health needs of all our children and to encourage children to develop positive attitudes towards food whilst at XYZ After School Club.

Why Healthy Eating is Important

- To promote an understanding of a balanced diet in which some foods play a greater role than others.
- To develop children's understanding of the importance of the social context in which eating takes place.
- To raise awareness with children, parents and carers in developing a positive approach to food, nutrition and oral education.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to children.

The Importance of Nutrition for Children

A nutritionally balanced diet is important in childhood to ensure optimum development at a time of rapid growth. A balanced diet in childhood is not only important for growth but for learning and promoting positive habits towards healthy eating. An inadequate or unbalanced nutritional intake may not only affect growth and development in childhood but may also impact on health problems, such as heart disease and obesity in later in life. It is the types and varieties of food eaten at this time that ensure nutrient requirements are met and that the diet is nutritionally balanced. Children's diet must include an appropriate intake of foods from the four main food groups:

- Bread, other cereals and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives

Being Healthy

- Eat breakfast every day
- Eat fruit and vegetables daily
- Choose snacks that will provide nutrients to compliment meals
- Avoid snacks and drinks with a high sugar content between meals
- Drink plenty of fluids to avoid becoming dehydrated
- Be physically active every day
- Brush teeth twice a day and visit your dentist regularly

Healthy eating suggestions from parents that will help us expand and improve our selection of recipe ideas are very welcome.

Food and Drink

All snacks provided at XYZ After School Club are nutritious, avoiding large quantities of sugar, salt, saturated fats, additives, preservatives and colourings. Menus are planned in advanced and food offered is fresh, wholesome and balanced. We offer a balance and variety of snacks to provide a range of cultural and nutritious experiences for the children.

Availability of Water

- We have fresh drinking water and suitable cups readily available for children and staff
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

Special Dietary Needs and Food Allergies

We are sensitive to the catering needs of children with specific dietary needs, including religious considerations. Parents will be asked about any special dietary requirements their child has before their child starts. Parents of children who have special diets (for example a gluten-free diet) or who have food intolerances are responsible for providing the club with information about their diet and choices available to the child. We update our records regularly. Menus will be carefully planned and adapted accordingly.

Food Hygiene

Staff who prepare food (all of which is pre-cooked – no raw meat or fish/shellfish) have access to food hygiene training.

Festivals and Celebrations

We celebrate different festivals and celebrations. We recognize that festivals can provide a valuable opportunity for children to experience diversity from a wide range of cultures and nationalities and the contribution they make to the variety of foods eaten in Britain today.

Signed:

Adopted:

Reviewed: