

BARTON KIDS CLUB



Healthy Eating

Barton Kids Club provides healthy, nutritious and balanced food and drinks. Food and drink are 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.

Information regarding food allergies is recorded on the Allergies and Medical Conditions sheet which is displayed on the kitchen notice board and is visible to staff whilst food is being prepared.

Barton Kids Club promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have received appropriate training.

- We provide suitable healthy food for all the children, consistent with their dietary needs and parent or carer's wishes.
- Children are encouraged to develop good eating skills and table manners.
- Breakfast and afternoon snack times are social occasions in which staff and children participate.
- We use meal times to help children develop independence through making choices, serving food and drink, and clearing the table.
- All children are given plenty of time to eat.
- Fresh drinking water is available at all times.
- Fresh vegetables and fruit are available at all After School sessions.
- Withholding food is never used as a form of punishment.
- Where appropriate, staff discuss with children the importance of a healthy diet.
- The Club does not regularly provide sweets for children, limiting access to fatty or sugary foods.
- Children are never forced to eat or drink anything against their will.
- A food diary can be provided if a parent or carer has concerns about whether/how much their child is eating.
- Barton Kids Club is a nut-free setting

This policy was adopted by: Barton Kids Club	Date: April 2021
To be reviewed: 2022	Signed: Linda Hoenes, Manager