



# **Gunthorpe Explorers Out of School Club**

## **Health Eating Policy**

**Approved via Governorhub**

<b>Approved date</b>	
<b>Reviewed date</b>	

## Healthy Eating Policy

Gunthorpe Explorers Out of School 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, allergies and intolerances when they register their child. Information regarding food allergies and intolerances are recorded on the Allergy Information Sheet, which is kept in the Club folder, all staff are aware of its location and can refer to it whilst food is being prepared.

Gunthorpe Explorers Out of School Club promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have received appropriate training.

As part of Healthy Eating we:

- provide suitable healthy snacks for all the children.
- encourage children to develop good eating skills and table manners.
- give children plenty of time to eat.
- allow children to be involved in planning and preparing food and snacks, where appropriate.
- ensure fresh drinking water is available at all times.
- ensure fresh fruit is available at all sessions.
- ensure that withholding of food is never used as a form of punishment.
- we discuss with children the importance of a balanced diet where appropriate.
- we do not regularly provide sweets for children.
- we limit access to fatty or sugary foods.
- we never force children to eat or drink anything against their will.