



Reg Charity No: 1096458

Food and Drink Policy

Statement of intent

Violet Way & Edge Hill care club regards snack and meal times as an important part of the club session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

We aim to provide nutritious snack during our sessions. All dietary, cultural and allergy requirements will be addressed.

Methods

- When a child starts attending the care club, parents complete a contact form which contains children's dietary needs and preferences, including any allergies. Parents sign this form to signify that it is correct. We remind parents to regularly update any changes to their record including allergies and dietary requirements. This will be done on a termly newsletter.
- Details of children with individual dietary needs will be kept in a file and staff/volunteers will be informed.
- We do not produce any products containing nuts..
- We organise snack times so that they are social occasions in which children and staff participate.
- We use snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.
- We have rules about children sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed milk.

Packed lunches

During holiday club a snack will be provided for breakfast and afternoon tea. But children will be required to bring a packed lunch.

We ensure staff sit with the children during snack & lunch times so it is a social occasion.

This policy was adopted at a meeting of	Trustees	Setting: - Violet Way & Edge Hill care club
Held on (date)		
Signed on behalf of the Management Committee/ Proprietor		
Role of signatory (e.g. chairperson etc.)		Chair of trustees