

## **Promoting health and hygiene**

### **1.21 Food and Drink - Healthy Eating Policy**

#### **Policy statement for St Joseph's Out of School Club**

St Joseph's Out of School Club regards snack and meal times as an important part of the Out of School Club's sessions. Eating represents a social time for children and adults and helps children to learn about healthy eating. St Joseph's Out of School Club is obligated to promote children's health and well-being, by ensuring that any food and drink provided is healthy, balanced and nutritious<sup>1</sup>. We promote healthy eating at snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs. No nuts or nut products are used by the setting.

To promote healthy eating we notify parents our advice and guidance through emails and letters. We also organise a healthy eating week in July alongside St Joseph's Catholic Primary School and St Joseph's Pre-school.

#### **Procedures**

We follow these procedures to promote healthy eating in our setting, to comply with government initiatives and for the general well-being of the children.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any known allergies, see policy 1.18<sup>2</sup>.
- We record information about each child's dietary needs in her/his registration record and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- We give guidance to parents in our information pack on snacks that parents can provide when it is their child's turn to bring in the daily snack. See Appendix 1.
- Our guidance includes a variety of foods from the four main food groups:
  - meat, fish and protein alternatives;
  - dairy foods;
  - grains, cereals and starch vegetables; and
  - fruit and vegetables.
- We introduce the children to different foods from a variety of cultural backgrounds when talking to them about festivals/faith days or it coincides with a topic the Out of School Club is looking at.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts. To avoid the risk of a child with a known nut allergy being exposed to nuts during lunchtime, we ask parents not to provide packed lunches that include nuts or nut products (eg. snack bars, peanut butter, pesto etc).

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<sup>1</sup> Early Years Foundation Stage (2017) Para 3.47 : Food and Drink

<sup>2</sup> Policy 1.18 Managing children with allergies, or who are sick or infectious (including reporting notifiable diseases)

- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information and monitor what the children eat.
- No meat or fish is provided at snack time. St Joseph's Out of School Club keeps a small quantity of food separately to ensure that any child/children with an allergy or another dietary rule, are provided for.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- 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 day.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- We give parents who provide food for their children information about suitable containers for food.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed pasteurised milk.

#### *Breakfast and Afternoon Snack*

The Out of School Club provide a breakfast and afternoon snack, these may include:

- cereals (breakfast only)
- fresh fruits
- toast
- bagels
- baguette
- pasta
- cous cous
- baked beans
- a choice of fresh milk or water is supplied to drink.

*The Out of School Club takes part in the Fareshare scheme with Tesco branches in Nailsworth, Stroud and Dursley/ Came. This scheme tries to end food waste and provides products which are past their best before but still safe to eat. The setting uses these towards snacks/ breakfast to help reduce costs and provide a more varied meal plan. Any surplus food is then offered to parents and staff before it is offered to the local community groups.*

#### **Legal Framework**

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs
- Food Safety Act 1990

**Further guidance**

- Food Standards Agency ([www.food.gov.uk](http://www.food.gov.uk))
  - Safer food, better business for caterers
  - Safer food, better business for childminders

Version Number	Author	Purpose of change	Date
1.0	NP and HS	Updating policies	23.01.2023