Healthy Eating Policy

Club Kidz will provide 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, food preferences and allergies. Parents must notify us regarding any special dietary requirements or allergies when they register their child.

Information regarding food allergies will be recorded on the Allergy Information Board which is visible to staff whilst food is being prepared.

Club Kidz will promote healthy eating and lead by example. Staff responsible for food preparation, handling and storage have received appropriate training.

- We will provide suitable healthy snacks for all the children.
- Children will be encouraged to develop good eating skills and table manners.
- All children are given plenty of time to eat.
- Where appropriate, children will be involved in planning and preparing food and snacks.
- Fresh drinking water will be available at all times.
- Fresh fruit will be available at all sessions.
- Withholding food will not be used as a form of punishment.
- Staff will discuss with children the importance of a balanced diet where appropriate.
- The club will not regularly provide sweets for children.
- We limit access to fatty or sugary foods.
- Children are never forced to eat or drink anything against their will.
- Children are always supervised (within sight or hearing) of an adult whilst eating.

This policy was adopted by: Club Kidz	Date: September 2026
To be reviewed: January 2027	 Signed: Annette Stapley Managing Director

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2026): Safeguarding and Welfare Requirements: Food and Drink [3.63] and safer eating [3.64-3.71] and food and drink facilities [3.72] and food poisoning[3.73]*