

# FREDDIE'S CLUB

## Food and Drink Policy

### Aims and Objectives

Our club is committed to working in accordance with the Whole School Food Policy, which aims to give children consistent messages on all aspects of healthy eating. We recognize the importance of a healthy diet and its impact on children's receptiveness, well being and general health. We aim to offer the children who attend the club a choice of nutritious and tasty food and drinks. The Co-coordinator and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all children.

### Organisation

- The club requires parents and carers to complete an admission form for their child when they first attend the club. This form asks for information about any special dietary requirements or allergies the child suffers from, along with any particular food and drink preferences. The Co-ordinator and staff will ensure that food and drink offered to children takes account of this information, so as to safeguard their health and meet, as far as possible, their particular preferences.
- The Co-coordinator and Deputy have attended a recognized training course in Food and Hygiene and received certification. This will be updated when necessary. When handling or preparing food and drink, all staff are made aware of correct food storage, preparation, cooking and food safety, so as to ensure that the safety of staff and children is paramount. In addition to these provisions, members of staff are careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.
- Children are encouraged to select and prepare food that they have chosen for their breakfast or tea. The members of staff offer support to enable children to become independent in preparing their food. For example, they teach children how to spread margarine and make their own sandwiches.
- No child is ever forced to eat or drink something against their will. The withholding or granting of food and drink is never used as either a punishment or reward.
- Cooled water is available throughout the club opening times to all members of the club community. During Holiday Club sessions children are expected to bring in their own water bottles from home which they are able to fill from the water dispenser available.
- The club has regular meetings with children, when they are encouraged to share their views on the food and drinks offered at the club and asked for new ideas about different food and drinks they would like to try or have on offer.

### Healthy Eating

Our club offers a choice of food that reflects the new nutritional School Meals Standards made effective from September 2006. There is always a choice of fresh or dried fruit or raw vegetables. The club endeavours to make a variety of foods available including meat, fish, vegetarian and vegan options. Sandwiches can be made with either brown or white bread wraps or rolls, depending on a child's preference. Fresh drinking water and

fruit drinks with no added sugar are available at all times. Milk is offered occasionally. The club does not regularly provide sweets for children and avoids excessive amounts of fatty, salty or sugary foods.