

Healthy Eating

We aim to provide a healthy and well-balanced variety of snack for the children each afternoon in the club. We wish to create an environment where pupils can enjoy their snack in area which is safe, hygienic and comfortable. We will promote food that reflects the healthy eating messages taught in the classroom. Children will be praise and encouraged to try new and unusual healthy foods.

Allergies and intolerance;

It is very important that you inform the staff at the club of allergies and intolerances your child may have before he or she starts. If a child has a reaction to any of our snack without prior information given by the parents the club cannot be held responsible.

Children will allergies and intolerances will be clearly marked in red on the daily register for staff awareness.

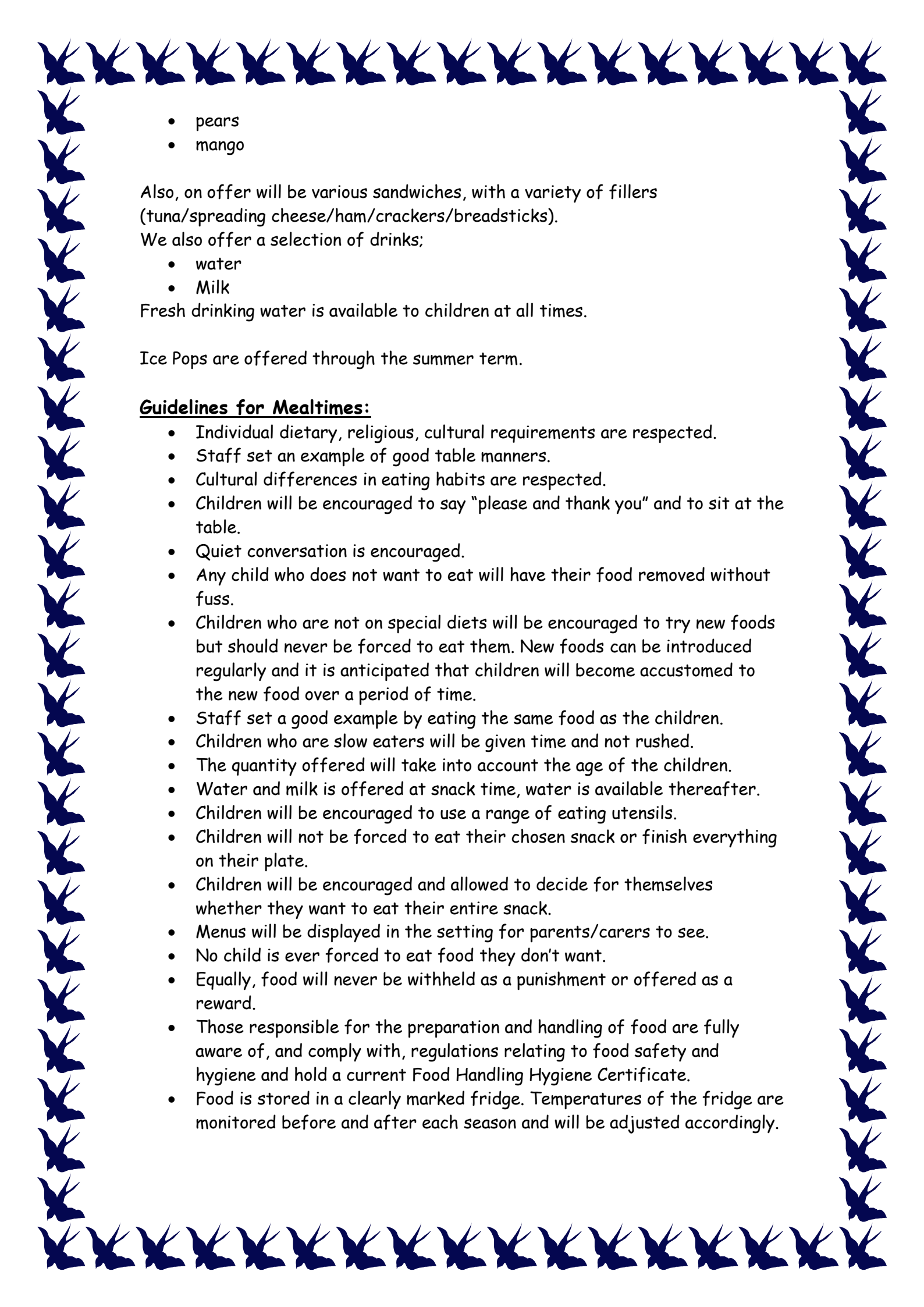
Special Dietary Needs

Any special dietary needs of the child, which is due to the child's health / religious persuasion / racial origin or cultural background, Welsh Government Food and Health guidelines for yearly and child care setting will be met. Please inform Supervisor immediately.

Our menu:

This consists of fresh fruit;

- apples
- bananas
- strawberries
- kiwi fruit
- oranges
- tangerines
- grapes
- pineapple
- peppers
- cucumber

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- pears
 - mango

Also, on offer will be various sandwiches, with a variety of fillers (tuna/spreading cheese/ham/crackers/breadsticks).

We also offer a selection of drinks;

- water
- Milk

Fresh drinking water is available to children at all times.

Ice Pops are offered through the summer term.

Guidelines for Mealtimes:

- Individual dietary, religious, cultural requirements are respected.
- Staff set an example of good table manners.
- Cultural differences in eating habits are respected.
- Children will be encouraged to say "please and thank you" and to sit at the table.
- Quiet conversation is encouraged.
- Any child who does not want to eat will have their food removed without fuss.
- Children who are not on special diets will be encouraged to try new foods but should never be forced to eat them. New foods can be introduced regularly and it is anticipated that children will become accustomed to the new food over a period of time.
- Staff set a good example by eating the same food as the children.
- Children who are slow eaters will be given time and not rushed.
- The quantity offered will take into account the age of the children.
- Water and milk is offered at snack time, water is available thereafter.
- Children will be encouraged to use a range of eating utensils.
- Children will not be forced to eat their chosen snack or finish everything on their plate.
- Children will be encouraged and allowed to decide for themselves whether they want to eat their entire snack.
- Menus will be displayed in the setting for parents/carers to see.
- No child is ever forced to eat food they don't want.
- Equally, food will never be withheld as a punishment or offered as a reward.
- Those responsible for the preparation and handling of food are fully aware of, and comply with, regulations relating to food safety and hygiene and hold a current Food Handling Hygiene Certificate.
- Food is stored in a clearly marked fridge. Temperatures of the fridge are monitored before and after each season and will be adjusted accordingly.

