

Healthy Eating policy

Knutz Out of School Club provides healthy, nutritious and balanced food and drinks in line with the School Food Standards. Food and drink are prepared carefully and with due regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child and to keep us updated.

Information regarding children's or staff members' food allergies is recorded on the Allergy Information Poster which is visible to staff whilst food is being prepared.

Knutz Out of School Club promotes healthy eating and leads by example. Staff responsible for food preparation and service have received appropriate training.

- We provide a suitable range of healthy snacks for all the children.
- Children are involved in planning and preparing food and snacks, where possible.
- Staff support children developing their independence at table.
- Children are encouraged to make healthy food choices.
- Fresh drinking water is always available.
- Fresh fruit is available at all sessions.
- We limit access to fatty or sugary foods.
- Staff encourage good table manners.
- Children are given sufficient time to eat.
- Children are never forced to eat or drink anything against their will.
- Withholding food is never used as a form of punishment.
- Staff discuss the importance of a balanced diet with children as opportunities arise.
- The Club does not regularly provide sweets for children.
- If children bring food or sweets to club these must remain in their school bag or staff may put them aside until home time.

Policy adopted by	Knutz Out of School Club
Date adopted	1 st September 2021
Due for review	Autumn Term 2024

Signed: 
Owner/Manager