



# Healthy Eating Policy

Smartkidz Play and Learn provides 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. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child. It is the responsibility of the parent to update us if anything changes regarding their children's dietary requirements after registering.

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

Smartkidz Play and Learn promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have completed online level 2 food hygiene training.

- We provide suitable healthy snacks for all the children.
- Snack should be rolling for a certain time period allowing children to come and eat when they are ready.
- All children are given plenty of time to eat.
- Where appropriate, children are involved in planning and preparing food and snacks.
- Fresh drinking water is available at all times.
- Fresh fruit is available at all sessions.
- Withholding food is never used as a form of punishment.
- Sweet treats are used within club however not on a regular occurrence.
- We limit access to fatty or sugary foods.
- Children are never forced to eat or drink anything against their will.

As part of our club ethos to promote the outdoors, Smartkidz often do outdoor cooking activities on a campfire. When organising these cooking activities, Smartkidz still takes into account the healthy eating policy.

Snack is optional for children to have and if children do not want snack then that is the choice of the child.

Snack within club should NOT be substitute to a main meal.

This policy was adopted by: Smartkidz Play and Learn	Date: 1/11/2017 Date reviewed: 20/11/2018 Date reviewed: 16/08/2019. Date reviewed: 14/08/2020
To be reviewed: 14/08/2021	Signed: 