



Essex After School Clubs

# Food and Drink Policy

## **Food and Drink**

**Essex After School Clubs is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The Manager 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 the children.**

When preparing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount.

The Manager and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. The Club is registered with the local authority to provide food. Staff who either handle or prepare food are trained in the Clubs procedures for food storage, preparation, cooking and food safety. *(EYFS Requirement: 3.48-In group provision, all staff involved in preparing and handling food must receive training in food hygiene.)*

Kitchen procedures are available in the kitchen for staff to be aware of the specific procedures to follow when preparing food for the children; *(EYFS Requirement 3:48- There must be an area which is adequately equipped to provide healthy meals, snacks and drinks for children as necessary.)* these are:

- Hands are washed
- Hair tied back
- Fridge / freezer temperatures taken
- All surfaces wiped down
- Hot food will be probed to ensure it is cooked and served appropriately

As part of a child's settling in period, the Club requires that the parents and carers complete the Registration Form, including information about any special dietary requirements or allergies the child suffers from, along with their food and drink preferences. The Manager 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.

*(EYFS Requirement: 3.47-Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements.)*

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

### **Healthy Eating**

The Club recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, the Club will endeavour to make a variety of foods available including; meat, vegetarian and vegan options, plenty of fruit and low fat and low

sugary food. *(EYFS Requirement: 3.47-Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious.)*

On arrival at club fresh fruit is available for the children. Fresh drinking water is available at all times for the children to access independently.

*(EYFS Requirement: 3.47-fresh drinking water must be available and accessible at all times.)*

The Club will not regularly provide sweets for children and will avoid excessive amounts of fatty or sugary foods.

### ***Snack time***

We operate a 'self-service' snack time, which means that the food is served on serving plates and the children are encouraged to serve themselves and pour their own drinks. Children who do not want to eat are encouraged to sit and have a drink but are never forced to have snack. When children are finished they can leave the table and should not be made to wait until all children are finished eating. Children should be encouraged to clear up their plates and cups. It is important that staff members are seated with the children throughout snack and a 'family' atmosphere should be encouraged at mealtimes.

### ***Cultural and Religious Diversity***

The Club and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The Manager and staff will work with parents/carers to ensure that any particular dietary requirements are met. *(EYFS Requirement 3:47-Providers must record and act on information from parents and carers about a child's dietary needs.)* The Club is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

### ***Allergens***

The club follows guidance from The Food Standards Agency that as from December 2014, all food businesses will need to provide information about the allergenic ingredients used in food sold or provided by them. In club, a list of allergens that can be found in the foods and drinks we use will be displayed at all times. Staff will attend Allergen Training.