

## Food & Refreshments / Healthy Eating Policy

Venture Trails Ltd

Jimmy Grimboll's is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The Management Team 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. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The Club Supervisor 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. All staff who either handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, cooking and food safety.

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

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.**

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### **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. Sandwiches can be made with either brown or white bread, depending on a child's preference.**

**The Club will not provide sweets for children and will avoid excessive amounts of fatty or sugary food. The Club will provide a choice of non-sugary drinks and make sure that fresh drinking water is available at all times.**

### **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 Club Leader and staff will work with parents/carers to ensure that any particular dietary requirements are met. The Club is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.**

**Breakfast and Snack times should be a happy, social occasion for staff and children alike.**

**General Procedure:**

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- **Staff will set a good example of good table manners. Children will be encouraged to say “Please” and “Thank you”.**
- **Conversation will be encouraged, not shouting.**
- **Cultural difference in good eating habits will be respected.**
- **Where possible we will encourage children in helping with the preparation of snack times including setting tables and designing menus.**
- **Food and drink purchased will be stored in appropriate areas in the Jimmy Grimboll's base.**

**N.B During summer months please ensure when you send your child with a packed lunch, anything that needs to be stored in the fridge is clearly bagged and named, then when your child is signed into Holiday Club the food can be stored in the school fridges located in the school kitchens.**