



The Dell Out of School Club

Registered Charity No. 1038546

Policy No.

**DP - 1.10Health
Eating** (reviewed
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Healthy Eating

The Dell out of school club Aims to provide an environment which promotes healthy eating and drinking – children can access fresh drinking water, juice and milk at all times. Fruit is available at both meal and snack times and the children are encouraged to eat wholegrain cereals & brown bread.

Children will have a choice of healthy meals and snacks. The focus is to deliver a proportion of the children’s 5 portions of fruit and vegetables per day as part of the Governments Healthy Eating 2007 – good food standards.

The views of the trustees, parents and the children themselves are considered when planning meals. Menus are planned in advance on a fortnightly cycle.

Children’s individual requirements whether cultural, religious or allergies will be accommodated.

The children are encouraged as part of their activities on occasions to help with preparation or cooking of their food.

All our staff are trained in Food Hygiene and food handling and hold current Food Hygiene certificates.

If parents provide food and drink for children this is stored safely.

The Dell will aim to provide a healthy light tea suggested examples from the menus are as follows;-

- Jacket potatoes and chilli.
- Pasta and sauce.
- Chicken salad wrap.
- Brown bread and wholegrain cereals.
- Fruit, yogurts etc

Policy adopted: January 2008

Approved by:

Co-ordinator

Chair

Review Date:

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We are committed to continually providing high quality affordable child-centred care with positive play opportunities for every individual in the club in a safe, happy environment in partnership with parents.