



The Dell Out of School Club

Registered Charity No. 1038546

Policy No.

**DP - 1.10 Health
Eating and
food.** (reviewed 22nd
Nov 17) Page 1 of 2

Healthy Eating

The Dell out of school club aims to provide an environment which promotes healthy eating and drinking and in a fun and sociable environment.

Children are provided a variety 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 Government's Healthy Eating 2007 – good food standards. Fruit and vegetables are provided at both meals and snack times. Children are encouraged to eat wholegrain cereals and healthy styles of bread (50/50). The Dell serves water to accompany meals and snacks but at Breakfast club the children may have milk. Sugar free squash is only served during a party or as a special occasion.

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 always be accommodated.

The children are encouraged as part of their activities to help with preparation or cooking of their food or making food for fun.

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 beans.
Pasta and sauce.
Chicken salad wrap.
Brown bread and wholegrain cereals.
Fruit, yogurts etc
Pies or Quorn sausages with vegetables

Children should receive food as provided on our menu and for which parents have paid. The Dell aims to ensure variety and sufficiency of food so the children don't go home hungry or having just eaten fruit and vegetables.

Where possible children should be encouraged to participate in the preparation, serving and clearing up of food – as would be expected at home. This may mean



The Dell Out of School Club

Registered Charity No. 1038546

Policy No.

**DP - 1.10Health
Eating and
food.** (reviewed 22nd
Nov 17) Page 2 of 2

getting the children to chop fruit or vegetables or mix things up. It may be to help serve food to others and also to wash or dry up on a rota basis.

Where possible, food will always be offered in its component parts ie Pasta and sauce with some pasta being left plain for those who don't like sauce. Fruit flan (with some fruit being left to one side for those who don't like flan).

The Dell tries to ensure that the children try a range of foods. We aim to make food and eating a positive and fun experience. We encourage children to try/sample things that they wouldn't usually have tried before.

Whilst our fees cover charges for food – where a child is picky or hasn't eaten all or part of the menu provided we cannot undertake to provide alternative menus (unless it is an adapted menu for dietary or religious needs).

The Dell isn't responsible for making children eat and whilst we encourage food tasting, if a child doesn't want to eat something they have the right to refuse what is given to them. However they shouldn't be penalised from receiving other food on the daily menu because they haven't eaten something to start with.

Tea normally comprises two parts with a savoury part and a healthy sweet part plus fruit. Where a child hasn't eaten part or all of their meal our staff will offer at the least - either toast or buttered bread. This will be given at the end of the meal so the children leave The Dell having eaten something. Parents will always be advised where the food provided has not been eaten and what alternative staff have given.

When children are eating they are encouraged to sit down at a table – breakfast is more free flow with the children helping themselves, and taking it back to the table - whilst during tea we like the children to sit down and eat the meal together. The children have drawn up a set of tea time rules which include things like;-

- Not speaking with mouths full of food
- Helping others and helping clear away
- Talking to one another ie no shouting or singing.
- Not throwing food or playing with it.

Policy adopted: January 2008

Approved by:

Co-ordinator

Chair

Review Date:

.....

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.