

TIGERZ AFTER SCHOOL CLUB



FOOD & DRINK POLICY

Snack time is an integral part in the social life of the childcare setting; it is also a time to reinforce children's understanding of the importance of healthy eating

We hope to achieve this by ensuring that:

- *All snacks provided are nutritious and varied*
- *Children's medical and personal dietary requirements are respected*
- *Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods.*
- *Menus are planned weekly and food offered is fresh, wholesome and balanced*
- *We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts*
- *We use snack times to help children develop independence through making choices*
- *Children will be encouraged to develop good eating skills and table manners and will be given plenty time to eat.*
- *Milk water and fresh fruit juice will be served with morning and afternoon snacks*
- *Water will be available at any time during the session if the children are thirsty*
- *For the occasional special celebration the children will be offered sweet cakes etc (parties or birthdays) parents will be notified before hand*

PACKED LUNCHES

Our After School Club cannot provide cooked meals and children are requested to bring a packed lunch during **full day care**

- We encourage parents to provide sandwiches with healthy filling, fruit and milk based deserts such as yoghurt
- Parents are encouraged to bring the children's packed lunch in a suitable box
- We encourage staff to sit with the children to eat their lunch so that the mealtime is a social occasion
- **WE DO NOT ALLOW FIZZY DRINKS**

Reviewed September 2011