**Food and Drink Policy**

The AYA will provide healthy, nutritious and tasty food and drinks. Food and drinks will be safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child.

The Club will promote healthy eating and will lead by example. Appropriate members of staff have undertaken food handling and hygiene training, including training in safe food preparing cooking and storage.

At the Club we will ensure that:

* All children are provided with a suitable snack or meal
* Children are encouraged to develop good eating skills and table manners
* Children are given plenty of time to eat
* Where appropriate, children will be involved in planning and preparing food and snacks
* Fresh drinking water will be available at all times
* Fresh fruit will be available at all sessions
* Withholding food will not be used as a form of punishment
* Staff will discuss with children the importance of a balanced diet where appropriate
* The Club will not regularly provide sweets for children
* We will avoid excessive amounts of fatty or sugary foods
* Children will not be forced to eat or drink something against their will.
* Chemicals used to clean food surfaces are suitable and fit for purpose.

**Allergies**

AYAoperates an inclusion policy, meaning that all children, no matter what their need, will be cared for within the setting. This may mean that we gain advice from outside agencies but every effort will be made to accommodate a child’s allergy.

Before the child actually starts the Club the Parent/Carer completes a registration form which asks if the child has an allergy. If the child has a severe allergy then any reaction the child has is classed as ‘severe’ they will be asked to provide written details. The Parent/Carer will then need to consult their doctor and provide us with a medical plan detailing the correct procedure should the child become inadvertently exposed. When the child starts the Club staff will be made aware of the child’s allergy and the course of action to take if exposed to the allergen. We have a list of children with allergies, which is kept up to date.

**Food and Drink routines for Afterschool Club**

At the Club we acknowledge that children tend to be hungry straight out of school. From 3:45pm the children can have snacks in a ‘buffet style’ where they help themselves with staff support. They select the food themselves and can choose where they sit at the table.

Snack options vary, but always follow the ‘Health Eating Plate’ and offer a varied balanced meal for snacks.

Cold snack consists of varied bread products, with fillings with yogurt, fruit or dessert options. Hot meal menus are prepared on a three week rotating basis, and reviewed in line with the schools menus and changes, the menu is provided to parents and carers.

The children help themselves and prepare their own snack by spreading their own bread and cutting up their fruit. One member of staff is nearby or sitting at the table to offer assistance.

The children take part in cooking activities; and may eat the results as part of their snack. We also often tie in our cooking with our topic eg; Egyptian theme /baking with figs and honey.

Plates, cups, jugs, cutlery and boards are put through the school dishwasher or thoroughly washed on a daily basis.

| This policy was adopted by: AYA  | Date: 01/9/23 |
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| To be reviewed: 01/09/24 | Signed |