



## The Cabin Crew Out of School Club Healthy Eating Policy

The Cabin Crew Out of School Club provides healthy, nutritious, and balanced food and drinks. Food and drink are 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 and are asked to complete a 'Dietary Requirements' form. This information is passed to the Catering Assistant and stored in the Catering Folder. Information regarding food allergies is recorded on 'Allergy' cards within the catering folder, which is visible to staff whilst food is being prepared.

### **The Cabin Crew Out of School Club Catering Assistants –**

- **Georgia Heasman Jones** - (After School/Holidays)
- **Pam Laherty** - (Breakfast)

The Cabin Crew Out of School Club promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have received appropriate training.

- We provide suitable healthy snacks for all the children in line with current guidelines.
- Children are encouraged to develop good eating skills and table manners.
- All children are encouraged to choose and self-serve with supervision, from a variety of foods on offer and given plenty of time to eat.
- Where appropriate, children are involved in preparing food and snacks.
- Fresh drinking water is available at all times.
- Fresh fruit is available at all sessions.
- Staff discuss with children the importance of a balanced diet where appropriate.
- The Club limits access to sugary foods and sweets.
- We follow the Food Information Regulations 2014. Our menus are displayed on the parent/carer notice board and parents are signposted to staff for information on allergens in the food provided.
- Plans will be formed to minimise risk to children who have an identified allergen.
- Allergen information is stored in the 'Allergen Information' folder in the kitchen, accessible to all staff.
- Training in food safety and allergen awareness will be updated regularly.
- Withholding food is never used as a form of punishment.
- Children are never forced to eat or drink anything against their will.

This policy was adopted by The Cabin Crew Out of School Club.	Date: 12 <sup>th</sup> April 2023
To be reviewed: 12/04/2024	Signed: <i>Justine Reilly</i>
Name of signatory: Justine Reilly	Role of signatory: Manager

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2021): Safeguarding and Welfare Requirements: Food and drink [3.48-3.50]*.