



## Food and Drink Policy

Mighty Oaks Before and After School Club provide 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/carers to notify us regarding any special dietary requirements or allergies when they register their child.

Information regarding food allergies is recorded and displayed.

Mighty Oaks Before and After School Club promote healthy eating and leads by example. Staff responsible for food preparation and storage have received appropriate training.

- We provide suitable healthy snacks for all the children.
- Fresh fruit is available at all sessions.
- Fresh drinking water is available at all times.
- We limit access to fatty and sugary foods.
- Children are never pressurised to eat or drink anything against their will.
- Children are encouraged to develop good eating skills and table manners.
- Staff discuss with children the importance of a balanced diet.
- Children are given opportunities to prepare snack.

<u>This policy was adopted by:</u> Mighty Oaks Before and After School Club	<u>Date agreed:</u> 1 <sup>st</sup> August 2020
<u>To be reviewed:</u> August 2022	<u>Signatures:</u> Club Manager: Epworth Trust: