

Healthy Eating Policy

Happy Times 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.

Information regarding food allergies and dietary requirements are available on the website and an overview can be seen for each day of the club. For After School Clubs and Breakfast Clubs, staff can see an overview for each day and regular children will have their details recorded on an allergies list for staff to see when they are preparing food. For clubs, a daily updated allergy record is displayed in the food preparation area.

Happy Times 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.
- Children are encouraged to develop good eating skills and table manners.
- All children are given plenty of time to eat.
- Where appropriate, children are involved in planning and preparing food and snacks.
- Fresh drinking water is available at all times.
- Fresh fruit and vegetables are available at all sessions.
- Withholding food is never used as a form of punishment.
- Staff discuss with children the importance of a balanced diet where appropriate.
- We limit access to fatty or sugary foods - see below
- Children are never forced to eat or drink anything against their will.

New standards for school food came into effect on 1 January 2015 and updated May 2022. The School Food Standards apply to school lunches, and most importantly for our sector, to all other foods served on school sites before 6.00pm. This therefore includes food served at breakfast and after-school club.

Standards for School Food and how we aim meet them:

Fruit and / or vegetables is available for snacks, breakfast and afternoon tea.

Starchy food cooked in fat is never provided.

Processed meat or poultry products are limited.

Deep-fried, batter-coated, or breadcrumb-coated food will is never provided.

A maximum of one portion of food which includes pastry will be served each week.

Healthy desserts like yoghurts, no additive or sugar free jelly and fruit based desserts will be provided.

Biscuits will be limited to two biscuits per child once a week at snack time.

Savory crackers or breadsticks will be limited to once per week due to the high salt content.

No confectionery unless for a special occasion e.g. parties/celebrations/rewards/food activities.

Ketchup and other condiments will be served in small dishes with a teaspoon to support portion control.

Only healthy drinks will be provided: Water, low fat milk, no added sugar fruit squash and fruit juice are suitable.

This policy was adopted by: Happy Times	Date: June 2024
To be reviewed: March 2025	Signed: Surjit Bains Manager

*Written in accordance with the Statutory Framework for the Early Years Foundation Stage (2023):
Safeguarding and Welfare Requirements: Food and drink [3.48-3.50]*

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>