



Explorers

Healthy Eating Policy

Explorers will provide healthy, nutritious and balanced food and drinks. Food and drink will be 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.

Explorers will promote healthy eating and will lead by example. Staff responsible for preparation, handling and storage will have received appropriate training.

- We will provide suitable healthy snacks for all the children
- Children will be encouraged to develop good eating skills and table manners
- All children will be 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
- 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 anything against their will.