

The Den



Healthy Eating Policy

The Den 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 is recorded on the weekly menu which is visible to staff whilst food is being prepared.

The Den promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have received appropriate training. (Their original certificates has been seen and photocopied by the manager and a copy is kept in the member of staff's file which is kept in the a locked filing cabinet within the clubhouse).

- 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 always available.
- Fresh fruit is 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.
- The Den does not regularly provide sweets for children.
- We limit access to fatty or sugary foods.
- Children are never forced to eat or drink anything against their will.

This policy was adopted by: The Den	Date: May 2023
To be reviewed: June 2024	Signed: Pauline Barritt Manager

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2021)*:
Safeguarding and Welfare Requirements: Food and drink [3.47-3.48].
Also complies with Keeping Children Safe in Education (2022)