



SIMPLY PENDOYLAN

HEALTHY EATING POLICY

The Club is committed to promoting healthy eating habits and positive attitudes towards food. We aim to provide nutritious snacks and meals that support children's growth, wellbeing and development, in line with current Welsh Government guidance for childcare settings.

Healthy Food and Drink

Children are offered a variety of healthy snacks each day, including fresh fruit, crackers, breadsticks, wholegrain biscuits and rice cakes. Meals provided are balanced, nutritious and prepared in accordance with food safety regulations and Welsh Government healthy eating guidance.

Fresh drinking water is available to children at all times.

Children are encouraged to try a range of foods and to develop healthy eating habits in a relaxed and positive environment. Children will never be forced to eat.

Mealtime Practice

Mealtimes are social occasions where children are encouraged to develop independence, good manners and positive social skills. Staff provide positive role models for healthy eating and support children as needed during meals and snacks.

Children are encouraged to:

- wash their hands before and after handling food
- help prepare tables and tidy away after meals
- develop independence and respect for others

Suitable tables, chairs, crockery and cutlery are provided to ensure children can eat safely and comfortably.

Dietary Requirements

Parents and carers must inform the Club of any allergies, medical conditions, cultural, religious or dietary requirements and notify staff promptly of any changes.

Staff will ensure that all dietary needs are respected and catered for appropriately.

Parents are asked not to send food or drinks into the Club during term time unless agreed in advance with the senior playworker due to specific dietary needs.

Promoting Healthy Choices

The Club does not routinely use sweets or confectionery as rewards. Occasional cultural foods or treats may be included as part of planned activities.

Birthdays are celebrated in non-food ways, such as singing, special responsibilities or group activities.

Healthy lifestyles and good hygiene practices are promoted through daily routines and activities, including cooking experiences where appropriate. Children are supervised at all times during food preparation activities.

Food Safety and Hygiene

All staff involved in food preparation hold appropriate food hygiene training.

Food is prepared, stored and served in line with Food Standards Agency and Environmental Health requirements. Kitchen and food storage areas are maintained in a clean and hygienic condition, and fridge and freezer temperatures are monitored daily.

Food preparation areas are cleaned thoroughly before and after use, and no unrelated activities take place in food preparation areas during meal preparation.