



Early Bloomers After School Club

Healthy and Safer Eating Policy

Early Bloomers After School Club provides healthy, nutritious, and balanced food and drinks. Food and drink are safely prepared regarding the dietary and religious requirements of the children in our care.

We ask parents to notify us of any special dietary requirements or allergies when they register their child. This information will feed into our **Allergy Plan**, which is updated regularly in consultation with parent.

Information regarding food allergies is recorded on the Allergy Information Board, which is visible to staff whilst food is being prepared.

Early Bloomers After School Club 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 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 Club does not regularly provide junk food to the children
- We limit access to fatty or sugary foods
- Children are never forced to eat or drink anything against their will
- Although we refrain from offering any food containing ingredients that may cause allergic reactions in some of our children, such as peanuts, we comply with the Food Information Regulation (2014): any allergenic ingredients used in the provision of food we offer are listed in our menus.
- There are 14 major allergens that need to be mentioned when they are used as ingredients in food:
 - Celery, cereals containing gluten, eggs, fish, lupin, milk, molluscs, crustaceans, mustard, nuts, peanuts, sesame seeds, soya, sulphur dioxide (often found in dried fruit or soft drinks)

This information is accessed through the display of our menus in the premises or via website.

Safer eating

Whilst children are eating there should always be a member of staff in the room with a valid paediatric first aid certificate

Children must always be within sight and hearing of a member of staff whilst eating. Choking can be completely silent, therefore, it is important for providers to be alert to when a child may be starting to choke. Where possible, providers should sit facing children whilst they eat, so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.

This policy was adopted by: Early Bloomers After School Club on: 12/09/2014	Review date: August 2026
To be reviewed: yearly or following any changes in practice and/or legislation	Signed: Mrs Talvinder Kaur

- Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (DfE, 2026): Safeguarding and Welfare Requirements: Food and drink, Safer Eating.*
- *Food Information Regulation (Food Standard Agency (2014)).*