



BARNFIELDS EXTRA

BEFORE AND AFTER SCHOOL CLUB

Food and Drink Policy

Barnfields Extra regards breakfast/snacks as an important part of the before and after school club. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At breakfast/snack times, we aim to provide nutritious food, which meets the children's individual dietary needs.

Methods

- Before a child starts to attend Barnfields Extra, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration form and parents sign the form to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs — including any allergies — are up-to-date. Parents sign the updated form to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We display the menus of snacks for the information of parents.
- We provide nutritious food at all snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We provide children with familiar foods and introduce them to new ones.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.

- We organise breakfast/snack times so that they are social occasions in which children and staff participate on a free flow basis.
- We use breakfast/snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session.
- For children who drink milk, we provide semi skimmed and whole milk.