

Policy on Healthy Eating, Menu Planning

Aim

At Holy Trinity After School Club we aim to offer a high quality service to the children we care for and their parents. We recognise the need to encourage healthy eating habits from an early age to help children to reach their full potential in terms of growth and development.

Meals

- During any days we operate from 8.30am – 6pm children bring a packed lunch from home. We encourage parents to send well-balanced and nutritious lunches.
- Special diets are respected. Parents will be asked to provide a copy of the diet sheet from a registered dietician.
- Cultural dietary habits are respected. Parents should provide details of these.
- Mealtimes are used as an opportunity to promote social skills as well as good table manners and teamwork when helping to tidy up.
- Whenever possible children and adults eat together.

Snacks and Drinks

- Snacks provided are healthy and nutritious.
- Sweets and fizzy drinks are not routinely offered.
- Where possible snacks are sugar free to avoid causing any damage to teeth.
- Fresh fruit is always offered after snack each day.
- Milk or water is provided for children to drink. Water is available at all times.
- Juices and squashes are only given on some occasions such as party days. When juices or squashes are given they are always well diluted.

Praise and rewards

- Praise and attention are used to help develop children's self-esteem and to act as a positive reward for good behaviour.
- If other forms of reward are used, they do not conflict with the healthy eating principles that are in everyday use. For example, sweets and sugary drinks are not given as rewards.
- On special occasions, the focus will be on the occasion rather than providing fatty or sugary foods or drinks.

Activities

- A healthy lifestyle is promoted through a variety of activities including active play, outings, cookery, stories, music and more.