

## **Kids Academy Out of School Club**

### **Healthy Eating Policy**

Kids Academy believe that all children should have a healthy diet and balanced nutrition. We have compiled our healthy eating policy on this basis. All staff members hold a certificate in REHIS Elementary Food Hygiene are aware of Food Safety Act and have undertaken training on Food Allergens.

We have taken guidance from Healthy Eating in Schools Guidance and Food Matters and which aims to support equality and Scotland's ambition that all children will have the best start in life. We aim to make dining a flexible, relaxed, sociable learning experience, where we promote life long healthy eating practices and a positive approach towards food, this helps us to ensure that we are meeting the Health and Social Care Standards and the wellbeing indicators of SHANARRI:

- **Safe** - Is not at risk because of avoidable physical dangers and health hazards outside the home.
- **Healthy** - is free of dental decay; has a lifestyle that does not present a threat to current or future health and wellbeing.
- **Achieving** - Is developing self-care and life skills; is developing socially.
- **Nurtured** - Receives sufficient and appropriate nutrition.
- **Active** - Has regular time in childhood for playing and interacting with parents/carers.
- **Respected** - Receives regular praise and encouragement.
- **Responsible** - Has a lifestyle that does not present a major threat to health and wellbeing.
- **Included** - Receives appropriate protection and guidance from parents/carers. Involved in decision making

Breakfast and snack times form an important part of children's diets these provide an excellent opportunity for children to:

- practise personal hygiene by washing their hands before eating/drinking
- learn about healthy snacks and drinks
- learn about making their own choices
- learn to try new foods and chat to staff about their likes and dislikes

We aim to take a holistic approach to caring for the health of children in our care, food is an important aspect of a child's healthy development, however this also dovetails with physical activity. Therefore outdoor play will be encouraged every day, in all weathers, with suitable clothing. This will ensure that children have an opportunity to be exposed to sunlight, which helps their bodies to make vitamin D. Parents are advised to provide suncream for their child and apply when necessary. Alternatively, and with the parent's consent, suncream application will be carried out by staff.

## **Who is Responsible?**

All members of staff have a responsibility to ensure that the food and drinks we serve to children is safe for all, fresh, healthy, nutritious and low in added sugars.

## **How will the policy be implemented?**

### **Snack time**

Decisions on snack choices are made with the children who take part in snack evaluations to gain their opinions and decide what the snacks will be based on this.

We provide opportunities for children to help with the preparation and setting out snack

Allow independence to develop by allowing children to serve their own snack and where required wash and dry any plates, bowls or cutlery they have used.

The children are given a varied choice of snacks that they can choose from each week, decisions on snack are made on a 3 week rotating menu and the children are involved in this process.

We provide fresh fruit as part of snack each day, and we encourage all children to have a piece of fruit as part of their snack. In addition to fruit we also aim to offer snacks such as (but not limited to):

- Toast, Muffins, Crumpets, Bread Sticks and Dips
- Pasta, Fruit Smoothies, Soup, Oatcakes, Boiled Egg & Soldiers
- Crackers and Cheese, Fruit Kebabs, Vegetable Sticks

We always provide water or milk to drink at snack time

Toast, cereal or fruit is always available for those who do not like the snack option.

### **Breakfast**

Breakfast is the most important meal of the day, particularly for children, as it provides them with the energy and vitality to work and play.

menus include scrambled/boiled eggs, cereals, toast, porridge, fruit and smoothies. We aim to keep toast toppings as healthy as possible i.e. honey, marmite, sliced banana or egg. We use semi-skimmed milk.

Children can help themselves, by pouring their own cereal/drinks, spreading toast etc and are encouraged to wash up after eating.

### **Setting the Environment**

Eating should be an enjoyable part of the day. When children sit down together to eat and drink, this provides an excellent opportunity for them to learn good social skills and behaviours associated with eating and drinking. We aim to provide positive eating experiences by:

Ensuring that breakfast and snack are enjoyed in an unhurried, relaxed, flexible and caring environment.

Positively reinforcing and praising good eating habits wherever possible.

Being aware of children's preferences.

Encouraging good table manners.

Staff sit and chat with the children and provide a good role model for healthy eating.

### **Allergies, Food Intolerances and Nut Allergies**

A wide range of symptoms can occur when a child is exposed to an allergen or intolerance to food, ranging from a mild reaction to a very rapid and severe response.

All relevant details relating to food allergy, symptoms and emergency procedures and contacts will be recorded in the child's personal plan and an allergy management form completed.

We do not allow nuts or products which contain nuts to be brought into the setting, this is communicated to parents/carers in our Parent Handbook.

It is very important that parents keep the staff of the setting informed of any extreme allergies that your children have, in particular: dairy, wheat, gluten and of course nuts.

Parents/carers are asked to provide as much information as possible and must inform staff (their child's key worker) as soon as possible of any changes and the staff member must then inform all other staff and update the child's details.

### **Vegan and Vegetarian Diets**

We will ask parents/carers about foods that the child is familiar with at home, or about particular foods to be avoided, e.g. gelatine and rennet. The needs of vegetarian/vegan children, as well as non-vegetarian/vegan children, must be considered when planning menus.

We take extra care to ensure that a child's needs are being met, providing vegan/vegetarian options where required.

We discuss with parents to decide whether it is possible for us to provide food to meet the needs of child in our care who follows a vegan diet. Having a discussion with the parent at a very early stage will help us to come to an agreement as to whether club or the parent will supply food for the child.

All children, regardless of special or therapeutic dietary needs, should enjoy food and choosing and experimenting with different foods and we will make every effort to achieve this.

### **Food for different Faiths and Beliefs**

Families and children may choose to exclude, include, or prepare foods in a particular way according to their religious faith and beliefs. Parents are required to communicate any dietary restrictions, these will be recorded in the child's personal plan and communicated to all staff through our Dietary requirements list. We will endeavour to meet these needs through consultations with parents.

## **Supporting parents to provide healthy packed lunches**

During holiday parents are asked to provide a packed lunch for their child. This is an ideal opportunity for us to discuss the benefits of providing healthy choices.

Parents may welcome some new ideas for packed lunches. It's easy to get stuck in a rut with lunchboxes, especially if children insist on having the same sandwich filling day after day. Trying some new foods whilst children are in our care can help to influence choices brought from the home. Children are much more likely to try different foods if they see other children trying and enjoying them.

If we find that children are bringing unhealthy food items in packed lunches we will take the time to discuss alternatives with the parent.

## **Safety**

Fridge temperature checks are completed daily to ensure that food is being stored correctly – the fridge temperature should ideally be between 3-5c. During cooking food is temperature checked to ensure that the core temperature exceeds 75c whilst cooking. All surfaces are cleaned before and after food preparation and all cooking equipment is thoroughly cleaned after use. Risk assessments are in place for all food preparation and cooking activities.

## **Special Occasions**

Birthdays and other special occasions focus on the sense of occasion rather than sweet treats. Birthday cakes and bakes are accepted at the club, **as long as they are taken in a shop bought sealed box with ingredients clearly labelled**. Baked goods must contain no confectionary in/on them as per the Healthy Eating in Schools guidelines. The nutritional values will be checked by staff before serving to ensure it is in line with guidance. **We will not accept foods that contain or may contain nuts.**

## **Cooking/Baking**

One of the best ways to encouraging children to learn about and try new foods is through food preparation and cooking which can ignite a child's interest in the methods and the process and ultimately want to taste their creation.

We regularly enjoy cooking a baking with the children at club and ensure the safety of the children by having risk assessments in place and discussing any safety measures with the children before we begin.

Some examples of how we have tried to implement children's involvement and learning new experiences involving food and health.

We have enjoyed making all manner of vegetable soups which are then enjoyed by the children at snack time, when the children see others enjoying their cooking gives them a sense of achievement and pride.

We have also experimented with baking where we challenged the children to find healthy recipes for baking muffins using different fruits and vegetables. We made carrot, parsnip, beetroot, blueberry, banana and courgette and cheese muffins.

We hired an exercise bike with a blender attached to make smoothies, the children had to pedal the bike to make the blender operate. We hope to purchase our own as this was the best fun, encouraged the children to try different fruits and provided some exercise and achievement.

We occasionally have foods from around the world tastings, providing the opportunity for children to try things they may never have tasted before and learn about different cultures.