Healthy Eating Policy

Funtastic Kids provides healthy, nutritious and balanced food and drinks. Food and drink are safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child.

Information regarding food allergies and dietary requirements are available on Kids Club HQ and an overview can be seen for each day of holiday camps. For After School Clubs and Breakfast Clubs, staff can see an overview for each day and regular children will have their details recorded on an allergies list for staff to see when they are preparing food. For holiday camps, a daily updated allergy record is displayed in the food preparation area.

Funtastic Kids 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.
- Children are always supervised (within sight and hearing) of an adult whilst eating.
- 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 available at all times.
- 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.
- We limit access to fatty or sugary foods – see below.
- Children are never forced to eat or drink anything against their will.

The School Food Standards apply to school lunches, and most importantly for our sector, to all other foods served on school sites before 6.00pm. This therefore includes food served at breakfast and after-school clubs.

Standards for School Food and how we aim meet them:

Fruit and / or vegetables is available for snacks, breakfast and afternoon tea.

Starchy food cooked in fat is only be provided once a week or rarely.

Processed meat or poultry products will be provided no more than once a week.

A maximum of one portion of deep-fried, batter-coated, or breadcrumb-coated food will be provided each week.

Malt loaf, currant and fruit bread, bagels, tea cakes, English muffins, crumpets are available as snacks in place of biscuits and cakes.

A maximum of one portion of food which includes pastry will be served each week.

Healthy desserts like yoghurts, no additives or sugar free jelly and fruit based desserts will be provided.

Crisps will be limited to half an individual pack per child at afternoon tea.

Savoury crackers or breadsticks will be limited to once per week due to the high salt content.

No confectionery unless for a special occasion e.g. parties/celebrations/rewards/food activities.

Ketchup and other condiments will be served in small dishes with a teaspoon to support portion control.

Only healthy drinks will be provided: Water, low fat milk, no added sugar fruit squash and fruit juice are suitable.

Menu Planning

Planning meals and snacks in advance helps create a balanced and nutritious menu. We share these menus with parents and seek feedback from parents and children

Food brought in from home

For medical or cultural reasons families may need to provide their children with their own meals. We remind parents of our healthy eating policy and our regulatory obligation to encourage healthier food choices and that food brought in from home aligns with healthy options offered in our setting. **These foods also need to be checked for potential allergens.**

Celebrations

Any food brought in by families to be shared in the setting should be checked for allergens. Although rare, we monitor what sweets/cakes are brought in for birthdays etc as this could mean children are eating unhealthy foods several tines a week. Communication with parents about bringing in healthier items will take place if required

EYFS (but good practice for **a**ll children**)**

- We aim to ensure these children eat a balance diet covering the 4 main food groups
- We aim to avoid food and drinks high in salt, sugar and saturated fat
- We offer only milk and water
- We offer a range of fruit and vegetables

This policy was adopted by: Funtastic Kids	Date: September 2026
To be reviewed: September 2027	Signed: Marcus Holloway Director

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2026): Safeguarding and Welfare Requirements: Food and drink [3.63] and Safer Eating [3.64- 3.71] and Food and Drink Facilities [3.72] and Food poisoning [3.73].*

https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide