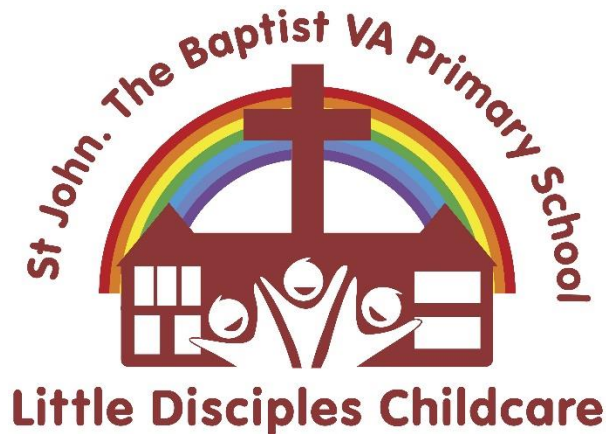


# Little Disciples

# Childcare



## Healthy Eating, Food & Snack

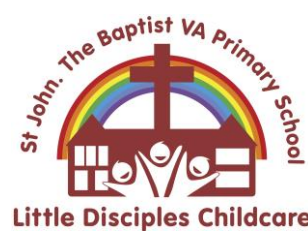
## Policy

At Little Disciples Childcare our aims and objectives are to provide and develop a reliable, affordable and quality Wrap around care service which includes Breakfast Club, Nursery Plus, Afterschool Club & Holiday Club.

<b>Approved by:</b>	Little Disciples Senior Management Team
<b>Adopted by:</b>	Trustees of the Little Disciples Management Committee
<b>Scheduled review date:</b>	September 2024
<b>Agreed by Person in Charge:</b> <i>Signature &amp; Dated</i>	
<b>Agreed by Responsible Individual</b> <i>Signature &amp; Dated</i>	

## Little Disciples Childcare

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**Responsible Individual:** Mrs Anna Stephens  
**Manager & Person in Charge:** Mr Sam Gocher  
**Care Inspectorate Wales Registration Number:** W150003017  
**Charity Number:** 1194380

### Healthy Eating, Food & Snack Policy

Little Disciples Childcare aims to promote healthy eating habits and choices through providing healthy snacks, that are of the correct nutritional level, and educating and encouraging good social eating practices.

- The snacks that are provided are prepared under the current guidance and regulations and will be served in adequate quantities and at appropriate intervals following the recommendations in Welsh Governments Food and Health Guidelines for Early Years and Childcare Settings.
- Fresh drinking water is always available.
- All staff preparing snack hold the appropriate food hygiene certificate.
- All food is provided, prepared, and stored appropriately in accordance with Food Standards Agency and Environmental Health requirements.
- The food preparation and storage areas are maintained in a clean and hygienic state during setting hours.
- Fridge temperatures are checked and recorded daily.
- Before and after any food is prepared, the surfaces in the kitchen area are thoroughly cleaned.
- At any time that food is being prepared, there will be no other activities going on in that area.
- Children are encouraged to maintain their own personal hygiene including the washing of hands before eating or handling food.
- Children will have the opportunity to try a variety of foods and will have access to healthy snacks.
- Parents/carers are requested to provide information about any special dietary requirements and needs of their child and it is their responsibility to inform the club of any changes as soon as possible.
- Staff will be fully aware of and will provide snacks that comply with any special dietary need of a child due to the child's health, racial, cultural, and religious requirements.
- Staff encourage good eating habits and social skills and mealtimes. Sufficient time is allocated to mealtimes for this purpose. There will also be suitable crockery, cutlery, tables, and chairs.
- Other activities are also built into the Little Disciples Childcare planning and routine e.g. cooking. Children will be always supervised during these activities.
- Confectionary and snacks or drinks that are high in sugar are not provided on a regular basis however may, occasionally be provided as part of an activity.
- Children will always be encouraged but not forced to eat.
- In Holiday Club, the parents are required to provide a Packed Lunch for their child. Little Disciples do not have a refrigeration system available to hold individual packed lunches. Parents/Carers should therefore not provide packed food that required storage below room temperature unless they supply an ice pack.