



Healthy Eating Policy

Aim:

Venture Kids promotes healthy eating and leads by example. We feel that by encouraging healthy eating habits children will adopt a positive approach to food, willing to experiment with new foods and learn about a healthy lifestyle.

Procedure:

- Venture 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 is recorded on the Allergy Information Board which is visible to staff whilst food is being prepared.
- Staff responsible for food preparation, handling and storage have received appropriate training.
- Staff supervise snack and lunch times, discouraging any sharing of foods.
- Snacks are prepared by one member of staff and are distributed to each room.
- We provide suitable healthy snacks for all the children.
- Children are encouraged to develop good eating skills and table manners.
- 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.
- The Club does not regularly provide sweets for children.
- We limit access to fatty or sugary foods.
- Children are never forced to eat or drink anything against their will.

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