

Cosh

Healthy Eating Policy

Cosh will provide healthy, nutritious and balanced food and drinks. Food and drink will be 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. Cosh encourages children and parents to share new recipes for the club to use.

Cosh will promote healthy eating and will lead by example. Staff responsible for food preparation, handling and storage will have received appropriate training.

- We will provide suitable healthy snacks for all the children.
- Children will be encouraged to develop good eating skills and table manners.
- All children will be given plenty of time to eat.
- Where appropriate, children will be involved in planning and preparing food and snacks.
- Fresh drinking water will be available at all times.
- Fresh fruit will be available at all sessions.
- Withholding food will not be used as a form of punishment.
- Staff will discuss with children the importance of a balanced diet where appropriate.
- The club will not regularly provide sweets for children.
- We will avoid excessive amounts of fatty or sugary foods.
- Children will not be forced to eat or drink anything against their will.

This policy was adopted by: COSH	Date:
To be reviewed:	Signed:

Written in accordance with the EYFS welfare requirement: *Safeguarding and promoting children's welfare*