

Stepping Stones

Healthy Eating Policy

Stepping Stones 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.

Information regarding food allergies will be recorded and the register will also clearly highlight any child with an allergy so that when it is tea time they will wear a hi-vis jacket to clearly identify them.

Staff responsible for food preparation, handling and storage have received appropriate training.

Children will be encouraged to develop good eating skills and table manners. .

All children will be given plenty of time to eat.

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: Stepping Stones and reviewed 10/01/2024

Signed: Philip Stone

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2012): Safeguarding and Welfare Requirements: Food and drink [3.45-3.46]*.