

Healthy Eating Policy

Go Go Makers provide healthy, nutritious and balanced food and drinks. Food and drink are safely prepared with regards 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 and staff have access to children's allergy information via our online system on the Ipad/Amazon Fire.

Go Go Makers 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 and a healthy light tea (using low sugar options where possible).
- 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.

Holiday Camp

Parents/Carers are made aware that Go Go Makers is an "Healthy Eating" Club and therefore they must provide a healthy lunchbox for their child/children.

This policy was adopted by: Emma Canning	Date: September 2019
To be reviewed: September 2021	Signed: Emma Canning