



## **Healthy Eating Policy**

### **Policy Statement**

At Camp Glide we regard meal/snack times as an important part of the day's setting as it provides an opportunity for children and adults to socialise and helps children to learn about healthy eating. Our setting aims to provide children with a well-

balanced and nutritious breakfast/snack that meets all children's dietary needs. We also try to provide children with different food experiences by regularly providing a range of fruit, vegetables and healthy hot food options for children to try. We recognise that our breakfast needs to be combined with other healthy meals throughout the day and, where the Camp Glide management think it is necessary, will take steps to ascertain what a child has had to eat previously or will be eating in

the future. Our snack time is designed to help children's energy levels throughout the session and does not replace a full meal.

We encourage all children to undertake healthy eating practices and will not allow sweets, chocolate in our before and after school club settings. At our holiday club settings we will have the same attitude toward healthy eating. However, in circumstances where a child is provided only with unhealthy food, the child will be allowed to eat it. A staff member will advise the parents/carers about our policy when they are collected.

### **Procedures**

Before any child starts to attend the Club we find out from parents/carers through the registration form if their child has any dietary needs or allergies. This information is made available to all staff to ensure that children only receive food and drink that

is consistent with their dietary needs as well as their parents'/carers' wishes. We take care not to provide food containing nuts or nut products, and are especially vigilant where we have a child who has a known nut allergy. We ask that

children are not sent to our settings with any product containing nuts.

**A typical example of food included in well-balanced snacks are:**

<b>Breakfast</b>	<b>Afternoon snack</b>
fruit (grapes/ apples/ pears/)	fruit ( melon/ pineapple/ bananas)
white/brown toast butter/ honey/ jam/ Marmite cereals/ milk	wraps/ crackers/ pita bread/ couscous/ humus
pancakes/ crumpets/ baked beans/ porridge/ scrambled eggs	cheese
water/ milk	water/ milk/ squash
carrot/celery sticks/ raisins / yoghurt	carrot/celery sticks /cucumber/ green beans/ sweetcorn

On special Cultural and Religious Celebrations we provide children with the opportunity to try new foods. All children who wish to eat are encouraged to wash their hands before snack and find a chair around a table in their parks. Food is placed in the centre of each table, by chosen helpers, and children are encouraged to help themselves to food and drink by staff. This develops independence through children making their own choices and encourages sharing skills and good table manners. Snacks are organised so that they are social occasions in which children and staff participate. Fresh drinking water is constantly provided throughout the day and children have access to water and can ask for it at any point throughout the session. The club also promotes healthy eating through cooking activities, which encourage children to think about the food that they eat, and to try different food. No child will be forced to eat or drink something against their will, and the withholding of food and drink will never be used as a punishment or reward.

While children may be encouraged to take part in some preparation where appropriate, the use of sharp knives will be the sole responsibilities of adult staff in the setting. Equipment that may cause harm, such as sharp knives are to be stored safely and securely.

Staff will encourage suitable conversations around food and healthy eating while also gathering their opinions on what they would like to see on the menu while at Camp Glide.

## **Food Hygiene**

All Staff involved in the preparation of food have successfully completed a Food Hygiene Certificate which is updated every three years in line with the Food Hygiene Standards. Food purchasing, preparation, service and storage meet the appropriate standards for food safety and sanitation. All food, which needs to be kept chilled, is put on the appropriate shelf in the fridge and eaten before its use by date. Food, which is uneaten at the end of the day, will be thrown away or stored in the appropriate way. All tables are wiped clean with COSHH approved cleaning fluids before any food preparation takes place, and staff will ensure that they wash their hands thoroughly. All jewellery, cosmetics will be removed or gloves will be worn in the preparation of food. At the end of the week the fridge is cleaned out and the inside wiped with COSHH approved cleaning fluids.

## **Hygiene Policy**

### Policy Statement

Our settings recognise the importance of maintaining the highest possible standards of hygiene in and around the premises so as to minimise the risks posed to children, staff and other visitors. The School and staff are committed to taking all practicable steps to prevent and control the spread of infectious germs, and to uphold high standards of personal hygiene in order to minimise the risk of catching or spreading infections.

### Personal Hygiene

In all circumstances, staff will adhere to the following examples of good personal hygiene:

- Washing hands before and after handling food and drink
- Washing hands after using the toilet
- Encouraging children to adopt these same routines
- Covering cuts and abrasions while at the Club
- Keeping long hair tied back
- Taking any other steps that are likely to minimise the spread of infections.

### Dealing with Spillages

Spillages of substances likely to result in the spread of infections will be dealt with rapidly and carefully. Blood, vomit, urine, and faeces will be cleaned up immediately

and disposed of safely and hygienically. Staff will wear disposable plastic gloves and an apron while using bleach or disinfectant solution, and wash themselves thoroughly afterwards. Children will be kept well clear whilst these situations are dealt with.

### First Aid Hygiene

Further to the provisions set out in the Health, Sickness and Medication policy, the designated First Aider will be mindful of the need to observe the highest standards of personal hygiene when administering any treatment to children. As such, they will wash their hands thoroughly both before and after giving first aid, and ensure that plasters or disposable gloves cover any cuts, wounds or skin damage.

### Kitchen Hygiene

All areas where food and drink are stored, prepared and eaten are prone to the spread of infections. Therefore, staff must be particularly careful to observe high standards of hygiene in such circumstances. To this end the following steps will be taken:

- Waste bins will be disposed of safely and regularly
- Food storage facilities will be regularly and thoroughly cleaned
- Kitchen equipment will be thoroughly cleaned after use
- Staff and children will wash and dry their hands thoroughly before coming into contact with food.
- If cooking is done as an activity, all surfaces and equipment involved will be thoroughly cleaned before and after the session.

**Reviewed 27/05/26**