

# Cadley Kids Club

## Healthy Eating Policy

Cadley Kids Club 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.

Cadley Kids Club 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.
- Children are encouraged to develop good eating skills and table manners.
- A member of staff is always present at the table when children are eating.
- There is always a member of staff in the room with Paediatric First Aid Certificate when children are eating
- 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 and accessible to children 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.
- We limit access to fatty or sugary foods in line with the EYFS guidance 2025
- Children are never forced to eat or drink anything against their will.

• This policy was adopted by :Cadley Kids Club	Date: 22/02/23
• Reviewed & amended	Date: 25/11/25
• To be reviewed: November 2026	Signed: Angela Jackson Catherine Horrocks

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2021): Safeguarding and Welfare Requirements: Food and drink [3.48-3.50]*.