Bisley Base Limited

Healthy Eating Policy

Bisley Base Ltd 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 on the Allergy Information Board which is visible to staff whilst food is being prepared.

Bisley Base Ltd will promote healthy eating and will lead by example. Staff responsible for food preparation, handling and storage 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: Bisley Base Ltd	Date: April 2018
To be reviewed: April 2019	Signed: Lynda Faithfull

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].*