

Menu Planning Policy

In Holy Trinity After School Club we aim to offer a high quality service to the children we care for. We recognise the need to encourage healthy eating habits from an early age to help children to reach their full potential in terms of growth and development. Well balanced meals and snacks are prepared to ensure children cared for are provided with the energy and nutrients they require. All menus are planned in advance and reviewed every 2 months. The snacks are prepared in our food preparation area located in the dining hall. Information is displayed inside cupboard doors relating to any children with food allergies or hypersensitivities. A member of staff trained in first aid, including how to deal with anaphylactic shock, will always be available.

Meals

- During any days we operate from 8.30am to 6pm children bring a packed lunch from home. We encourage parents to send well balanced and nutritious lunches.
- Special diets are respected. Parents/carers will be asked to provide a copy of the diet sheet from a registered dietician.
- Cultural dietary habits are respected. Parents/carers will be asked to provide all relevant details.
- Mealtimes are used as an opportunity to promote social skills as well as good table manners and teamwork when helping to tidy up.
- Whenever possible children and adults eat together.

Snacks and Drinks

- Snacks provided are healthy and nutritious.
- Sweets and fizzy drinks are not routinely offered.
- Where possible snacks are sugar free to avoid causing damage to teeth.
- Fresh fruit is offered at snack time every day.
- Milk and water is provided at snack time every day. Water is available at all times throughout the day.
- Juices and squashes are only given on some occasions such as party days. When juices or squashes are given we use sugar free brands and ensure they are well diluted.

Praise and Rewards

- Praise and attention are used to help develop children's self-esteem.
- If other forms of reward are used, they do not conflict with the healthy eating principles that are in everyday use. For example, sweets and sugary drinks are not given as rewards.
- On special occasions, the focus will be on the occasion rather than providing fatty or sugary foods or drinks.

Activities

- A healthy lifestyle is promoted through a variety of activities including active play, outdoor play, outings, cookery, stories, music and more.