

Provision of Food and Drink

In Holy Trinity After School we have an important role to play in promoting healthy eating habits within the setting. We encourage parents to support our healthy eating policy by requesting that they do not send sweets, crisps or sugary drinks with their children.

Nutritional policy:

The following guidelines, as recommended by the Public Health Agency and guidance from Nutrition Matters for the Early Years, are adhered to in planning and preparation of children's meals and snacks. A variety of foods are selected from the four food groups every day:

- Bread, Cereals, Rice, Pasta and Potatoes
- Fruit and Vegetables
- Milk and Dairy Food
- Meat, Fish and Alternations

At least one portion of bread, potatoes, rice or pasta is included in each meal.

Whole milk and water is used routinely.

At least one serving of fruit or vegetables are provided to each child per day.

The minimum possible salt is used when cooking and no salt is added at the table.

Cultures and religious preferences are catered for where appropriate.

Individual dietary requirements are catered for when appropriate.

Drinking Water:

There are water fountains and jugs of water available at all times for all children to access throughout the day. Children will be assisted in obtaining a drink of water should they need help. Suitable cups are provided for children to drink water from.