

Fun 4U Club

21 Menu Planning Policy & Procedures

Principle

Within Fun 4U Club we promote the benefits of healthy eating, as members of Play Board we follow closely their Fit to Play Initiatives and strive to provide a menu that will be enjoyable for the children, while being healthy and nutritional.

Statement of Intent

Fun 4U Club believes that

- Every child has the right to a well-balanced diet.
- We respect and understand that children do have dislikes and will provide a health alternative.
- Good nutrition is essential during childhood, this is also a vital stage for healthy tooth development.
- We endeavour when possible to have the children's input, on the types of food they would like on their menu.

Procedures

- Food allergies will always be given priority and these foods will be banned from the Facility.
- The weekly menu is discussed with staff and children prior to shopping.
- We will change the menu on a seasonal basis and add in new dishes gradually.
- The task of shopping for snack is shared between the staff.
- When considering the options, quality as well as cost must be taken in to account.
- When introducing new foods we always encourage the children to at least try new food once.
- If there is an overwhelming option or dislike of some foods, these will not be introduced again.
- The weekly menu is on display in the front hall way and is a three week rotational menu to allow for the greatest variation for the children. This is to ensure that parents are aware of exactly what is available for their child to choose from each day.
- We discourage parents sending in treats or extra food for their child on a daily basis. This can cause problems within the group.
- However on special occasion i.e. Birthdays and festive holidays we do allow party food alongside healthy snack.
- In the case of a cookery project with the children this may be eaten within the session although we do endeavour to send some of these home to encourage the sharing ethos and allow parents/guardians to discuss what the children have been doing that day.