

Fun Five Healthy Eating Policy

At Fun Five we believe that snack times should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We are committed to offering children healthy, nutritious and balanced snacks which meet individual needs and requirements.

We will ensure that:

- A balanced and healthy snack is provided at the Club
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation.
- These are displayed for children and Parent/Carer(s) to view
- We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings
- Fresh drinking water is always available and accessible. In hot weather staff will encourage children to drink more water to keep them hydrated
- Individual dietary requirements are respected. We gather information from Parent/Carer(s) regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins the Club. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside Parent/Carer(s) to put into place an individual dietary plan for their child
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during snack to ensure safety and minimise risks.
- Where appropriate, age/stage discussions will also take place with all children about allergies and potential risks to make them aware of the dangers of sharing certain foods
- Staff show sensitivity in providing for children's diets and allergies. They do not use a child's diet or allergy as a label for the child, or make a child feel singled out because of her/his diet or allergy
- Snack times are organised so that they are social occasions in which children and staff participate in. During snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged

This Policy was reviewed 2026

- Staff support children to make healthy choices and understand the need for healthy eating
- Cultural differences in eating habits are respected
- Any child who shows signs of distress at being faced with a snack he/she does not like will have his/her food removed without any fuss.
- Children are given time to eat at their own pace and not rushed
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes
- We promote positive attitudes to healthy eating through play opportunities and discussions
- No child is ever left alone when eating/drinking to minimise the risk of choking
- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. We do allow Parent/Carer(s) to bring in cakes on special occasions. We ensure that all food brought in from Parent/Carer(s) meet the health and safety requirements
- All staff who prepare and handle food are competent to do so and receive training in Food Safety and Hygiene which is updated every three years