



The Dell Out of School Club

Registered Charity No. 1038546

Policy No.

DP - 1.10
**Healthy eating, food
& mealtimes.**

(reviewed 25th March 19)
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Healthy Eating

The Dell aims to provide an environment which promotes healthy eating and drinking in a fun and sociable way. We take a consultative approach in menu planning considering the views of the children, as well as parents and trustees. Menus are planned in advance on a fortnightly cycle. Where possible the children are encouraged, as part of their activities, to help with preparation of their food or making food for fun. We will work with families to accommodate children's individual cultural, religious or medical requirements (including allergies), as much as we are able.

Children are provided a variety of light healthy meals and snacks. The focus is to deliver a part of the children's 5 + portions of fruit and vegetables per day as part of the Governments Healthy Eating 2007 – good food standards. Fruit and vegetables are given at both meals and snack times. Children are encouraged to eat wholegrain cereals and healthy styles of bread (50/50). The Dell serves water to accompany meals and snacks, and at Breakfast club milk is also available to drink. Sugar free squash is only served during a party or as a special occasion.

All our staff are trained in safe food handling and key staff hold Food Hygiene Certificates at Level 1 & 2. We are inspected regularly by the local Environmental Health Office and both our sites have 5 star food hygiene ratings.

Whilst our staff are competent to prepare and handle foods, we do not have either the time, access to equipment or facilities, to provide a dinner service. Whilst we endeavour to provide a light tea at 4.15pm, children may require additional food at home after the Dell.

Our food.....

The Dell will aim to provide a healthy light tea suggested examples from the menus are as follows:-

- Spaghetti/beans on toast.
- Light pasta dishes
- Chicken salad wrap.
- Brown bread and wholegrain cereals.
- Fruit, yogurts etc.
- Pies or Quorn sausages with vegetables

Please check out our menus on display on the notice boards at your child setting. Please ask if you are unsure of where this is displayed.



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Children will receive food as provided on our menus, which is included in the fees. The Dell aims to ensure a variety and sufficiency of food to ensure the children have had adequate food, to see them through until home-time. On occasions second portions may be available for any children who are particularly hungry. Fruit and water are always available.

Where possible children are encouraged to participate in the preparation, serving and clearing up of food – as would be expected at home. This may mean getting the children to chop fruit or vegetables or mix things up. It may be to help serve food to others and also to wash or dry up on a rota basis.

Food will always be offered in its component parts i.e. pasta and sauce, with some pasta being left plain for those who don't like sauce. Fruit flan (with some fruit being left to one side for those who don't like flan).

The Dell tries to ensure that the children sample a range of foods. We aim to make food and eating a positive and fun experience with their peers. We like to encourage children to experiment and sample things that they wouldn't usually have tried before. The Dell isn't responsible for making children eat and whilst we encourage food tasting, if a child doesn't want to eat something they have the right to refuse what is given to them. Children will not be penalised from receiving other food on the daily menu, because they haven't eaten something to start with.

Whilst our fees cover charges for food – where a child is picky or hasn't eaten all or part of the menu provided we cannot undertake to provide alternative menus (unless it is an adapted menu for dietary or religious needs).

Where a child hasn't eaten part or all of their meal, our staff may offer either toast or buttered bread. This will be given at the end of the meal so we know that everyone has been able to have something. We will try and advise parents where the food provided has not been eaten and any alternatives that have been offered. However staff cannot be expected to report back to every parent, what each child ate, on a daily basis. Our daily menu is displayed, so parents are able to view what their children have been offered for tea.

Tea normally comprises a savoury part and a piece/s of fruit. To reduce the amount of sugar given healthy desserts are only served on alternate days e.g. yoghurts or fruit & custard.

At the tea table.....

Whilst eating the children are encouraged to sit down at a table, – breakfast is more free flow with the children helping themselves, and taking it back to the table - whilst



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during tea we like the children to sit down and eat the meal together. The children have drawn up a set of tea time rules which include things like;-

- ✓ Not speaking with mouths full of food
- ✓ Helping others and helping clear away
- ✓ Using inside voices i.e. no shouting or singing.
- ✓ Not throwing food or playing with it.

Tea is usually served between 4.15 to 5.00pm. If a parent arrives to collect before or during tea time, your child/ren may leave with you, however we may not be in a position to ensure that they have eaten before they go. If you arrive and would like your child to remain and finish their tea, we ask that you kindly stand outside of the room (and out of sight), for safeguarding reasons and in order to protect the privacy of all our children, whilst they are eating.

If you have any particular cultural, dietary or medical needs we ask that these are included in the registration form (either online or on paper) and that any concerns are discussed in advance with the Club Manager.

If you have any other feedback about our food/food provision then these can also be discussed with our setting Managers or Trustees.

Policy adopted: January 2008

Approved by:

Co-ordinator

Chair

Review Date:

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