



## **Action for Children @ Cubitt Street food policy**

### **General information**

**Name of setting: Cubitt Street**

**Name of staff member responsible for food policy: Simone McArthur**

**Date of policy implementation: 16/02/2016**

### **Section 1**

#### **Why a policy is needed?**

We recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve.

We believe that the centre in partnership with parents and carers can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains:

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the after school club
- How we help children eat healthily
- What we teach so that children know how to make healthy food choices

### **Aim of the Policy**

We aim to promote the health and well-being of children and their families through food within the setting. Promote better choices, develop healthy eating habits and ensure they have enough energy and nutrition they need to make the most of their day.

### **Objectives of the Policy**

We want to enable the children, young people and parents to make healthy decisions for themselves through information, choices given and sessions. Also we have found that healthy food and less sugar intake has reduced behaviour incidents.

### **Mission statement/rationale**

<b>Policy</b>	<b>Example of how this relates to the Food Policy</b>
<b>Ethos</b>	
<b>Behaviour</b>	
<b>Meal time policy</b>	Children and young people are encouraged, supported and given time to eat.
<b>Healthy School</b>	Healthy choices offered, working with parents to provide a healthy packed lunch
<b>Equal Opportunity and Inclusion</b>	Respecting the cultural and religious backgrounds of the children and young people and how these could be relevant in food choices. Everyone is given the opportunity to participate in activities such as cooking, growing and shopping
<b>Work with partner agencies</b>	Working with parents, Healthy Eating award team and dieticians who may have created plans for any of our children

### **Development and implementation of the food policy**

- After School Club staff will receive training, they will then along with management share this information with all staff.
- Staff will be given areas of responsibility such as planning, hygiene of equipment and area used, leading and assisting in sessions, feedback to parents.
- Parents will be sent a copy of this policy and new rules regarding lunches and snacks sent in with their child.
- We will provide parents and families with Healthy Eating information so they can continue this within their home. There will also be an opportunity to attend a coffee morning session to go through the policy and choices.

### **When and who the policy applies to**

- Food provided by the setting, food brought in from home, food provided at events or on trips.
- Who the policy applies to: to all staff within the setting, including those planning menus, cooking, preparing and serving food and to parents who bring food into the setting from home.
- We plan to promote the policy and ensure that everyone who it applies to is aware of it by displaying it on the notice board, placing it on website when it is created, and

explaining it during training sessions. We will also include it in the staff handbook and newsletters sent home to the families.

## **Section 2**

### **Food and drink provision**

- How children obtain access to free fresh drinking water at all times – Staff in hall have access to water jug and cups, cup or symbol is left out for them to ask for a drink
- The types, amounts, time and frequency food and drink are provided at the setting – Breakfast club (9:45 -10:30) that will serve Weetabix, porridge, corn flakes, all bran cereal, fruit and toast to any child who would like it. This is served until all buses are in and everyone has been offered a choice. Lunch time (12:15 – 1:15) – packed lunches are provided by parents. We provide water and other healthy options if they don't want to eat the lunch they brought in. Afternoon Snack/cooking session (2:45 -3:15) if we have done a cooking session all children are offered the food prepared, otherwise fruit, rice cakes or vegetables are offered.
- After school club they can either be doing a cooking session or having a healthy options from the menu.
- The menus are planned for the next 2 months and they cover cooking sessions and snacks on offer, as we don't prepare lunches, during clubs are cooking sessions will usually go along with the theme for example: Pancakes on Pancake day, served with different fruits

### **Communicating with children and families**

We will communicate with the children and young people using Makaton, picture symbols, social stories and songs. With parents we send texts, letters, talk in person in parents groups we occasionally hold, newsletters we send out, we will also be putting information and updates on our website when we go Live.

### **The eating environment and social aspects of meal times**

At mealtimes we will be using appropriate sized plates and cutlery; encourage children at lunch time to feed themselves; breakfast club and parties giving them the opportunity to choose what they are eating, allow enough time for children to finish eating.

### **Celebrations and special occasions**

Food and drink often play an important role at special occasions and events. These occasions are also useful to provide opportunities for children to learn about food and drink from different religions and cultures.

We celebrate birthdays and special occasions with predominantly healthy foods. Cakes served or brought in should be fruit based or plain cakes containing no confectionary (chocolate, sweets etc.). We serve fruit, vegetables with homemade dips, rice cakes, water and natural fruit juice. All foods sent in by parents/carers that don't follow these guidelines will be sent home with the child.

### **Providing food for all**

It is important that settings provide food for children following special, cultural or religious diets, including children with food allergies, and manage this appropriately and effectively. We have a list of allergies and special diet information on display in our kitchen and in our trip folders for all staff to be able to double check when required; these are updated whenever we learn of changes and when new children start.

### **Encouraging fussy eaters to eat well**

Fussy eating and fear of new foods are part of development; we can do an activity called Fun with Food, where they get to experience the food without the pressure of actually eating it. We give them small amounts of a food on their plate that they can touch, smell, look at and taste also.

### **Food brought in from home**

Packed lunches and snacks sent in from home have to follow our packed lunch policy, should be healthy options and not contain nuts due to allergies of children/young people attending the service. If a parent sends something that is not following these guidelines they will receive a reminder letter and another copy of packed lunch policy. We will also send home some pack lunch ideas.

### **Learning about and through food**

The children have created a growing garden in the front of our centre, where they have planted vegetables and herbs, and they are helping to tend to these. They will then use these in a cooking session and serve to everyone for a snack, lunch or party, so they are learning about the whole process from growth to table.

### **Cooking with children**

Cooking with children is an enjoyable activity and an effective way to encourage all children to try and eat a wide range of foods. We do different types of cooking activities such as creating a simple fruit kebab with natural yoghurt to creating a meal like Chinese spring rolls and rice. There is a plan in place before a cooking session starts - children are given appropriate equipment to use and supervision is either by direct support or giving instructions. The whole session with the children is done by our kitchen hatch and any cooking with heat is done by an adult in the kitchen - the children can watch from where they are sitting.

### **Food safety and hygiene**

It is important that food is stored, prepared and presented in a safe and hygienic environment and children are taught basic hygiene. All children and staff have to wash their hands before they start and wear aprons where appropriate. The majority of the staff hold a Level 2 in Food hygiene and the session would be planned with this in mind, so there is always someone who knows the guidelines. If a child or adult does something that makes their hands dirty while doing the session they will have to wash their hands again.

### **Sustainability**

Food production, processing, transport, procurement, cooking and waste all impact on the environment. We only buy the food we actually need for our sessions and as we plan ahead, we would have a set shopping list. These goods are delivered by the shop we purchase from.

We do a main shop when a Holiday club is in session and staff will walk with the children to the shops for goods needed during After School club and Saturday Club. When a session has been completed any leftover food will either be given to the children to take home to share with their families or if it can be stored in a safe manner we will keep it for the following day. Any additional waste is recycled or put into a composter.

### **Protecting children's health**

Everyone working with children has a responsibility to protect children's health including helping children to maintain a healthy weight as they grow, keep physically active and have good dental practices. We have adopted a healthy cooking and eating plan for all our clubs that we run. Physical activity sessions have also started, we go to a bike riding club, we do drumming and dance sessions, and we have a trampoline, when possible we have Children's Yoga with a qualified teacher. We have posters of information up for parents about different places they can get support for health and well-being, and are currently in progress of making a parent information booklet.

### **Evaluation and review of the setting's approach to food and drink provision**

- We have used the Audit Tool self-evaluation to evaluate the setting's approach to food and drink provision
- Once the policy is sent out we will get feedback from parents, carers and children
- Feedback from staff who attend healthy eating training run by the Camden Council, the staff sharing information with the team
- Continuing to research and gather more healthy recipes
- Having ongoing growing and learning sessions with the children
- Trips to shops for the children to make healthy choices
- Reviewing the food policy at least once a year.

**Date for policy review: 23/05/2017**

**Signed: Simone McArthur**

**Dated: 23/05/2016**

Template policy modified from Eat Better Start Better

<http://www.childrensfoodtrust.org.uk/professionals/eat-better-start-better>