




# Mangotsfield Out of School Club

## Healthy Lifestyle Policy

<b>Policy Author:</b>	MOOSC Management Team
<b>Policy Number:</b>	MOOSC15
<b>Policy Version:</b>	MOOSC15.03 (April 2022)
<b>Issue Date:</b>	1st April 2022
<b>Review Date:</b>	April 2023
<b>Signed:</b>	



## Healthy Lifestyle Policy - MOOSC15.03

### **Purpose**

MOOSC recognises the importance of providing healthy, nutritious and balanced food and drinks to children within the Club's care. The Club aims to promote healthy eating and will lead by example.

### **Aim**

The Club will make sure that food and drink is safely prepared with regard to any dietary and religious requirements brought to our attention.

The Club aims to:

- provide suitable healthy snacks for all children;
- encourage children to develop good eating skills and table manners;
- give children plenty of time to eat;
- involve children in the planning and preparing of food and snacks (where appropriate);
- provide fresh drinking water at all times;
- provide fresh fruit at all sessions;
- discuss with children the importance of a balanced diet; and
- avoid excessive amounts of fatty or sugary foods.

The Club will not withhold food as a form of punishment, force children to eat or drink anything against their wishes or regularly provide sweets.

We ask that parents/ carers notify the Club of any special dietary requirements or allergies when registering their child(ren) and emailing our Admin Team directly should we need to be aware of any changes or alterations in order for records to be kept updated.

Staff who are responsible for food preparation, handling and storage will have received appropriate Food Hygiene training.

### **Related Policies**

1. Early Years Foundation Stage
2. Equal Opportunities
3. Health and Safety
4. Play
5. Safeguarding