Apollo After School Club

Healthy Eating Policy

Apollo After School Club provides healthy, nutritious and balanced food and drinks. Food and drink are safely prepared with regard to the dietary and religious requirements of the children in our care, food preferences and allergies. Parents must notify us regarding any special dietary requirements or allergies when they register their child.

Information regarding food allergies is recorded on the Allergy Information Board which is visible to staff whilst food is being prepared.

- **Apollo After School Club** promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have received appropriate training.
- We provide suitable healthy snacks for all the children.
- Children are encouraged to develop good eating skills and table manners.
- All children are given plenty of time to eat.
- Where appropriate, children are involved in planning and preparing food and snacks.
- Fresh drinking water is available and accessible to children at all times.
- Fresh fruit is available at all sessions.
- Withholding food is never used as a form of punishment.
- Staff discuss with children the importance of a balanced diet where appropriate.
- The Club does not regularly provide sweets for children.
- We limit access to fatty or sugary foods.
- Children are never forced to eat or drink anything against their will.
- Children are always supervised (within sight and hearing) of an adult whilst eating

Ofsted will be notified of any food poisoning affecting two or more children looked after on the premises. Notification will be made as soon as possible, but within 14 days of the incident.

This policy was updated and adopted by: **Apollo Youth Club**	Date: August 2026
To be reviewed: July 2027	Signed: Jackie Daniel, Chair

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2026): Safeguarding and Welfare Requirements: Food and drink [3.63] and Safer Eating [3.64- 3.71] and Food and Drink Facilities [3.72] and Food poisoning [3.73].*