

Inverbrothock Out of School Care Club

Charity Number: SC030097

Healthy Eating Policy

At Inverbrothock Out of School Care Club we provide healthy food and healthy eating patterns for children and young people which helps to promote positive attitudes to good nutrition. Snack times provide opportunities to promote children's understanding of the importance of healthy eating as well as helping to promote independence, language, and social skills. Snack times should be happy occasions for all children. Food and drinks provided must be appropriate and where necessary, meet individual dietary requirements.

To ensure foods will be nutritious and meet current recommendations for children aged 5-12 years we will.

- Provide foods which are nutritious, avoiding large quantities of fat, sugar, additives, and preservatives.
- Ensure pasteurised semi-skimmed milk.
- Promote milk and water as drinks.
- Follow current guidance and recommendations for healthy eating.
- Using publications such as setting the table, food matters and Health Promotion and Nutrition (Scotland) Act 2007 to inform our practice.
- Follow Care Inspectorate's guidelines that 50% of snack must be fruit or vegetables.

To ensure all children have suitable food and drinks made available to them we will.

- Ensure children's registration forms include a section to detail any special dietary requirements their child may have.
- Acknowledge and respect any medical/dietary requirements and provide suitable alternatives as required.
- Ensure that the dietary rules of religious groups, vegetarians and vegans are known and met in appropriate ways.
- Ensure that some snacks have multi-cultural theme.
- When in the case of food allergies and medical dietary requirements, seek advice and liaise with appropriate professionals and parent/carers.

- In some cases, it might be advisable to ask parents/carers to provide a snack.
- Provide necessary support for children with additional support needs.
- Water and fruit are always available out with snack time if needed.

To ensure the club offers a wide range of foods to provide a tasty and varied diet we will.

- Ensure menus are carefully planned and a variety of food is served throughout the menu cycle.
- Children will help to plan the snack menu.
- Ensure food will be served in child-sized portions.
- Encourage children who are not on special diets to try a small amount of everything.
- Ensure care will be taken to make snack look/taste appealing to the children by using a combination of flavours, colour, and textures.
- Children will help to prepare snacks and be allowed to cut up fruits and vegetables for snack. This will have a risk assessment that has been carried out with children and staff to ensure children's safety at all times.
- Children will try to grow their own fruits and vegetables in our garden.

To ensure high levels of food safety and hygiene are always maintained we will.

- Make sure that menus include finger foods as well as food requiring cutlery to allow variation.
- All staff must have basic health and hygiene training and only staff with relevant Elementary Food Hygiene Certificate can prepare and serve snack.
- All staff must adhere to The Food Safety and Hygiene Regulations 2013.
- We have a snack procedure in place that all staff must follow.
- We must ensure children are appropriately supervised when they are eating.
- No offer of peanuts or nut products will be made. All ingredients will be checked before serving to children.
- Pay attention to personal hygiene when handling foods.

- Ensure children's routine involves hand washing with soap before and after snack, after using the toilet and after playing outdoors and with messy activities.
- Ensure that in situations where children wash their own cutlery and crockery to promote their independence, this will be supervised by an adult and all equipment will be put in the dishwasher afterwards to be washed again.

To ensure eating times are happy occasions which offer opportunities for children to develop, we will.

- Encouraging children to serve themselves and with the quantity they desire (limits will be set by adult if required)
- Promote independence by allowing the children to pour their own drinks and choose their own snack where appropriate.
- Encourage conversation within the snack group and the adult should be part of this.
- Be a positive role model by displaying good table manners.
- Encourage children to be polite and say please and thank you, and to also stay at the table until they have finished their snack.
- A child's opinion about what they like, and dislike will be respected.
- Children will not be hurried during snack.
- Encourage children to help clear the table and wash the dishes.

The above policy is approved and hereby adopted by the IOOSCC Committee

Updated July 2025.