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## Healthy Eating Policy

The Club recognises the importance of healthy eating and a balanced and nutritious diet. Because of this, the Club will endeavour to make a variety of foods available including plenty of fruit and low fat and low sugar food. Upon the display board is snack menus for the children and parents/ carers to see what snacks are available. If your child is booked in for a full day a healthy pack lunch is required. We advise you to use cool packs for our trips out.

We also advise children to only eat from their pack lunch and not to share food with others as we do have children attending with have food allergies.

We like children to eat sandwiches first before eating cakes biscuits and crisps. Fresh drinking water and sugar free drinks plus fruit is available thought out the day. As our aim is to be as healthy as possible.

In term time we provide snack at approx 4.00pm again we encourage healthy choice and snack menus are available to see on the display board.

Due to new legislation the parachute no longer provides any foods that contain chocolate or any confectionary ,Parents must not included these and fizzy drinks in their child's packed lunch

If we have reason to believe that any child is suffering from a notifiable disease identified as such in the Public Health (Infection Diseases) Regulations 1988, we are permitted to inform Ofsted.

Fresh drinking water, Fruit and Sugar free juice is always available in the club for all children.