

## **Badger Club Policy 15 - Food and Drink**

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

- 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 and sugary foods.
- Children are never forced to eat or drink anything against their will.

### **Supervision whilst eating**

Whilst children are eating there must always be a member of staff in the room with a valid paediatric first aid certificate. Children must always be within sight and hearing of a member of staff whilst eating.

The Club recognises that choking can be completely silent, therefore visual supervision of children's faces whilst eating is part of our everyday practice. Staff will remain vigilant that children are eating in a way that prevents choking and are ready to react to any unexpected allergic reactions.

### **Allergies and Dietary Requirements**

Before a child is admitted to the setting The Club will obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information will be shared with all staff involved in the preparing and handling of food by the manager. Information regarding food allergies is recorded on the allergy document which is visible to staff whilst food is being prepared.

At each mealtime and snack time the Club must nominate an individual who is responsible for checking that the food provided meets all the requirements for each child. This will be communicated by the manager or deputy manager using the allergy document.

The Club will have ongoing discussions with parents and/or carers and, where appropriate, health professionals to develop allergy action plans for managing known allergies and intolerances. This information must be kept up to date by the setting and shared with staff.

The Club ensures that all staff are aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time. We do this through providing paper-based NHS resources.

### **Incident Recording**

When a child experiences a choking incident that requires intervention, The Club staff must record details of where and how the child choked and make parents and/or carers aware.

The Club will review records periodically to identify if there are any trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action will be taken to address any identified concerns during this review process and following any incidents of concern during the provision of food within our club.

### **Food Safety**

The Club is committed to ensuring that safe and healthy practices around the storage, preparation and service of food are followed at all times. Staff involved in food handling and preparation have to meet high standards of personal hygiene. Any member of staff showing signs of infection or ill health will not be permitted to handle food.

The Club is registered as a food business with our local authority.

All staff involved in food handling have received food handling and hygiene training. When preparing food, staff follow the requirements of current food hygiene, and best practice including:

- Always washing hands with anti-bacterial soap and hot water before and after handling food and using the toilet
- Using clean cloths
- Not being involved in food preparation if they are unwell
- Wearing a disposable apron and gloves whilst preparing food
- Covering spots or sores on the hands and arms with a waterproof dressing
- Staff must prepare food in a way to prevent choking
- Staff must prepare food in line with allergies, intolerances, and special dietary requirements for the children attending

## **Food storage**

All foods are stored according to safe food handling practices and at a correct temperature, to prevent the growth of food poisoning organisms and to ensure that food quality is maintained.

## **Cleaning**

- Food storage facilities will be regularly and thoroughly cleaned
- Food is checked for freshness - anything past the use by date will be disposed of
- Kitchen equipment will be thoroughly cleaned after every use
- Appropriate controls are implemented to reduce the risk of cross contamination
- If cooking is done as an activity, all surfaces and equipment involved will be thoroughly cleaned before and after the session.

This policy was adopted by: Long Furlong Badger Club

Date: 22/10/2025

To be reviewed: September 2028

Signed: Lucy Harvey / Chair and Trustee