



Brynteg Tigers Out of Hours Club

Food and Drink Policy

Approved by: Michelle Firth

Policy reviewed: September 2026

Next review due: September 2027

Responsible Individual: Michelle Firth

1. Policy Statement

Brynteg Tigers Out of Hours Club is committed to promoting the health, wellbeing, and dietary needs of all children in our care. We aim to provide nutritious food and drinks, encourage healthy eating habits, and comply with **allergy and dietary requirements**, in line with **CIW standards** and **Public Health Wales guidance**.

2. Aims

- Provide children with access to safe, nutritious food and drinks.
- Promote healthy eating and hydration habits.
- Cater for dietary requirements, allergies, cultural, or religious preferences.
- Encourage independence and social skills during snack and mealtimes.
- Ensure all food handling meets **food hygiene regulations**.

3. Responsibilities

Staff:

- Supervise children during meals and snacks.
- Follow correct hygiene and food safety procedures.
- Record any dietary restrictions and allergies for each child.
- Encourage children to try a variety of foods.

Parents / Carers:

- Provide information on allergies, intolerances, and dietary preferences.
- Supply packed lunches if applicable, ensuring they meet the club's healthy eating guidance.
- Label all containers and drinks with the child's name.

4. Meals and Snacks

- **Breakfast:** Available for Holiday Club
- **Snacks:** Available for Flying Start and After School Club
- **Drinks:** Fresh water is available at all times.
- Foods provided follow **nutritional guidance for children aged 2–11:**
 - Fresh fruit and vegetables
 - Balanced meals with protein, carbohydrates, and healthy fats
 - Limited sugary snacks or drinks

5. Allergies & Special Diets

- All allergies and intolerances recorded on registration forms.

- Staff trained in recognising allergic reactions and administering **emergency medication** if required.
- No child is given food that could trigger a known allergy.
- Children with specific dietary needs have a clear **care plan** in place.

6. Food Hygiene & Safety

- Staff follow **basic hygiene rules**: hand washing, clean surfaces, safe food storage.
- Food stored at appropriate temperatures; perishable items refrigerated.
- Cooked or prepared food checked for freshness before serving.
- All staff handling food complete **basic food hygiene training**.

7. Packed Lunches

- If parents provide packed lunches:
 - Ensure healthy options where possible.
 - Store in a cool place until lunchtime.
 - Staff will supervise children eating packed lunches and encourage sharing and positive eating habits.

8. Celebrations & Treats

- Special occasions (birthdays, holidays) may include treats with parental consent.
- Staff encourage moderation and balance with healthy choices.

9. Review

- Policy reviewed **annually** or when regulations, dietary guidance, or practice changes.
- Feedback from parents/carers and staff considered to improve provision.