

Food and Drink Policy

Allstars

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1. Policy Statement

Allstars recognises the importance of providing food and drink that supports children's health, wellbeing, and energy levels throughout the day. We aim to offer safe, nutritious options and to accommodate dietary needs, allergies, and cultural preferences in a safe and inclusive manner.

This policy is in line with the **EYFS Statutory Framework**, **Food Standards Agency guidelines**, and our safeguarding duties.

2. Food Provision at Allstars

We provide:

- A **light, healthy breakfast** (e.g. toast, cereal, fruit, milk or water) during morning sessions
- Occasional **activity-related snacks**, including:
 - Ice cream or ice lollies during themed sessions or hot weather
 - Toasted marshmallows as part of bushcraft activities (with supervision)
 - Popcorn during movie club days
 - Biscuits during decorating or themed activities

All snacks are provided with safety, hygiene, and moderation in mind.

3. Hygiene and Preparation

- All staff handling food complete appropriate **food hygiene training**
- Hands are washed before and after food preparation or serving

- Surfaces are cleaned and disinfected before use
- Foods are stored, prepared, and served in line with food safety standards
- Equipment used for food preparation is cleaned and stored hygienically

4. Allergens and Dietary Needs

- Parents are required to inform us of **allergies, intolerances, or dietary requirements** at registration
- We maintain a central record of all children's dietary needs
- Foods containing common allergens are carefully managed, and allergen information is available upon request
- Separate utensils and surfaces are used for allergen-safe preparation
- No food is shared between children
- We work with parents to ensure alternatives are provided where necessary

5. Healthy Eating and Inclusion

- We promote healthy food choices wherever possible
- Children are encouraged to try new foods but are never forced to eat
- Food is never used as a punishment or reward
- We are sensitive to religious, ethical, and cultural food practices
- **Allstars is a fizzy drink free setting** — we do not serve or permit the consumption of fizzy drinks under any circumstances

6. Drinks and Hydration

- Children are provided with access to **fresh drinking water** throughout the day
- Water or milk is offered at snack or breakfast times

- In hot weather, water breaks are increased, and hydration is monitored closely

7. Supervision During Mealtimes

- Children are always supervised while eating
- Staff are alert to signs of choking or discomfort and respond appropriately
- Eating areas are calm, clean, and social in nature
- Risk assessments are in place for high-risk snacks such as marshmallows and popcorn

8. Food Brought from Home

- If children bring packed lunches or snacks to Allstars, parents are encouraged to provide healthy options
- We are a **nut-free and fizzy drink free setting** — no products containing nuts or fizzy drinks should be sent in
- Staff will monitor for allergen risks in shared spaces

9. Review

This policy is reviewed annually or in response to changes in legislation, allergy risks, or food hygiene guidance.

Date of next review: August 2026

Policy lead: Club Manager / Food Safety Lead