

**Food and Drink** - Firm Foundations for Children and Adolescents CIC is committed to providing healthy, nutritious and tasty food and drinks for children during our sessions. The Director and staff will make every effort to ensure that food and drink is safely prepared and sensitive to the dietary, religious and cultural requirements of all the children.

When preparing food and drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food and drink preparation.

The Director and staff are mindful of their responsibilities and obligations under the Food Hygiene (England) Regulations 2006. The Club is registered with the local authority to provide food. All staff who either handle or prepare food are given training in food storage, preparation, cooking and food safety during induction.

As part of a child's settling in period, the Club requires that the parents and carers complete the Admissions Form, including information about any special dietary requirements or allergies the child suffers from. The Director and staff will ensure that food and drink offered to children takes account of this information so as to safeguard their health. Children who enquire about allergens are provided with the relevant information. Children will be asked their preferences regarding food and drink and this shall be met as far as is possible. Children are consulted on the menu we provide and choices are often available.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food and drink will never be used as either a punishment or reward.

### **Healthy Eating**

In accordance with the healthy lifestyles policy, Firm Foundations for Children and Adolescents CIC 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; meat, vegetarian and vegan options, plenty of fruit and low fat and low sugary food. Sandwiches can be made with either brown or white bread, depending on a child's preference.

The Club will not regularly provide sweets for children and will avoid excessive amounts of fatty or sugary foods. The Club will make sure that fresh drinking water is available at all times.

### **Cultural and Religious Diversity**

The Club and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The Director and staff will work with parents/carers to ensure that any particular dietary requirements are met. The Club is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

**The food and Drink Policy shall be reviewed annually. It may be necessary for further reviews if the policy is ever brought into question either by an individual or a particular incident.**