

Cherry Kids' Club

Food Policy

We recognize the importance of healthy nutrition for children delivered in a calm, friendly family setting.

- 1.1 We will provide a “**substantial snack**” for children attending after school sessions. This is not intended to substitute for a main evening meal that the child may receive at home.
- 1.2 This will be prepared on the premises, using fresh ingredients and following the framework of the Health and Safety regulations.
- 1.3 A choice of menus will be provided to take account of each child's and their parent's/guardian's wishes and preferences (including those of religion and culture).
- 1.4 Menu suggestions, will be solicited explicitly every year. The form used will refer to the Club's multi-cultural mix.
- 1.5 A sample menu might offer a choice of:
 - 1 sandwiches (ham, cheese, marmite, jam, salami, peanut butter, pickles etc.)
 - 2 fruit (apples, oranges)
 - 3 fruit drinks (low sugar)
- 1.6 As far as possible all the Club's children will be seated at the same table and at the same time.
- 1.7 Meals will be served towards the beginning of the After School sessions, when children will not yet have become involved in separate activities.

We now arrange food as soon as possible after the children arrive, rather than at 16:30. The children now eat by 16:00. We find this a calmer, more pleasing event, as they are no longer as hungry and ravenous as before.

As fewer toys are usually “out” at this time and games are not as established we are able to seat the children around the tables for

Ratified in committee: 1998