



Healthy Eating Policy

TJ's Club (Hampshire) Ltd will provide healthy, nutritious and balanced food and drinks. Food and drink will be safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child and to update their information on iPal where appropriate.

TJ's Club (Hampshire) Ltd will promote healthy eating and will lead by example. Staff responsible for food preparation, handling and storage will have received appropriate training.

- We will provide suitable healthy breakfasts and snacks for all the children.
- Children will be encouraged to develop good eating skills and table manners.
- All children will be given plenty of time to eat.
- Fresh drinking water will be available at all times.
- Fresh fruit will be available at all sessions.
- Grapes will be cut in half for KS1 due to the risk of choking, especially for children under 5.
- Withholding food will not be used as a form of punishment.
- Staff will discuss with children the importance of a balanced diet where appropriate.
- We will avoid excessive amounts of fatty or sugary foods.
- Children will not be forced to eat or drink anything against their will.
- A list of allergens is available on request.

This policy was adopted by: TJ's Club (Hampshire) Ltd	Date: October 2024
Signed: J Little	To be reviewed: October 2025

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2024): Safeguarding and Welfare Requirements: Food and drink [3.55-3.56]*.

