

# Goytre After School Club

## **GASC'S FOOD AND DRINK POLICY**

GASC realises that snack and breakfast times should be an enjoyable, social occasion. We aim to make the experience with food a positive one.

GASC is committed to providing healthy nutritious food for the children at snack/breakfast time.

### **General**

- Staff responsible for the preparation of food will hold a current food hygiene certificate.
- Food served at GASC will be of good quality, taking care to be aware of the 'use by' and 'best before' dates.
- GASC does not serve food containing nuts due to allergy concerns.
- Staff will not have hot drinks when children are present to avoid the risk of scalding children.
- Parents/carers are welcome to join GASC at snack/breakfast.

### **Children**

- Before a child attends GASC their dietary needs are obtained and respected.
- Children are expected to wash their hands before sitting down for snack/breakfast.
- The entrance room washing-up sink is not to be used by children or staff to wash their hands. Staff may use the hand washing sink.
- The children collect their own plate/bowls/beakers and select where they would like to sit, thus encouraging independence.
- Conversation is welcomed at snack/breakfast time.
- Children are encouraged to say please/os gwelwch yn dda and thank you/diolch in either English or Welsh.
- No child at GASC will be forced to eat food they don't want.
- Water is always available for the children to have a drink when they want.
- Children are expected to clear away their own plates/bowls/beakers when they have finished eating and then return to their seats until all the children have finished snack.

### **After School Club Snack and Inset Day Snack**

- Snacks include fresh fruit and/or vegetables with a carbohydrate accompaniment such as wholemeal, 50/50 or white bread, crackers or rice cakes.
- GASC displays its daily snack menu to inform parents of the food on offer.
- Some days the children prepare their own snack as part of their growing independence.
- Staff will set an example of good table manners, eating the same food and sitting with the children whilst having snack.

## **Goytre After School Club**

- At GASC we are keen to introduce the children to various cultural and religious festivals introducing different foods and drinks.

### **Before School Club Breakfast**

- Breakfast will be served from 8:00 a.m. until 8:30 a.m., allowing time for the children to eat their breakfast before they go to the school.
- Breakfast includes:
  - an assortment of cereals such as Shreddies, Weetabix, Oatibix, Cornflakes, Rice Krispies, porridge and Bran Flakes.
  - Toast from wholemeal, 50/50 or white bread.
  - Crumpets, toasted muffins.
  - Yogurt, fromage frais, and fruit.
  - Drinks such as orange juice, apple juice, milk and water.
- Children can play when they have finished their breakfast and cleared away their plates, bowl and beakers.

### **All Day and Holiday Snack / Lunch**

- Children bring their own packed snack / lunch and are discouraged from sharing or swapping food from their lunch boxes because of allergy and dietary requirements. Snack / lunch will be provided if a child attends the club without any food.