

Kidsize Healthy Eating Policy

Our Aim at Kidsize

We aim to provide a healthy well balanced diet for your children. We are supporting your children to develop life-long healthy eating practices and a positive approach towards food, nutrition and physical activity. All of our staff are Food Hygiene certified in catering.

Nutrition

At Kidsize we provide healthy, freshly prepared snacks each day. Snacks are well balanced and we provide a variety of foods for your children to enjoy. Snacks at Kidsize will contain food from the main food groups.

Examples of snacks may include (but not limited to):

Crackers and cheese

A selection of fruits and vegetables.

We do not have an oven at Kidsize but do have a portable hob. We like to do baking and cooking with the kids at least once a week, rotating days so each child has a chance to take part.

Drinks provided include water and milk. Fresh water is available for the children should they require another drink out with snack time. (Water is the most tooth friendly drink and therefore provided with every snack).

Children are encouraged to make their own choices, drink and feed themselves to develop each child's independence. Opportunities are given to children to explore and experience a wide variety and range of healthy food products through involving them in our menu planning at Kidsize.

At Kidsize we are a **NUT-FREE** environment. If your child chooses to take in their own snack it must contain **NO nuts** - this includes peanut butter, Nutella and pesto.

We have developed our snack menu in line with the Healthy Eating in Schools Guidance (2020):

https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/?utm_medium=email&utm_source=govdelivery

Cooking

At Kidsize we like to do cooking as it promotes healthy eating and teaches children skills that are essential to their development. When cooking we ensure all children wash their hands before helping with the cooking, and wear aprons if required. We use child safe plastic cutting knives and chopping boards so that children can cut fruit and vegetables independently without risk of getting injured. Before cooking staff have a conversation with the children about the risks and safety measures to be taken, during this conversation we encourage children to participate and identify the risks independently where possible. Staff ensure children maintain a suitable distance from the hob and pan when cooking to ensure there are no risks of children getting burnt. Examples of food we have cooked at Kidsize After School Club are pasta, stir fry, mini pizzas etc. As this food is generally seen as 'dinner food' we ensure the children only eat a snack sized portion. At breakfast club we cook breakfast foods such as pancakes, scrambled eggs and smoothies. We will not cook any meats whilst

at Kidsize Club Ltd. but may use meat substitutes such as Quorn.

Safety Checks

Fridge temperature checks are recorded daily to ensure food is being stored correctly - the fridge temperature should ideally be between 3°C - 5°C but definitely should not exceed 6°C. During cooking food is temperature checked to ensure the core temperature exceeds 75°C whilst cooking. This kills off any potential germs, these checks are recorded on a cooking record. All cooking equipment will be thoroughly cleaned before and after use.

Allergies

Kidsize Activity Club is a peanut and nut free club. Please do not send any snacks containing peanuts or nuts, with your child to Kidsize. Kidsize will also cater to any dietary requirements that your child has that are stated in their enrolment forms. Prior knowledge of this will allow staff to provide a variety of snacks for your child at the club.

Special Occasions

Birthdays and other special occasions must always focus on the sense of occasion rather than sweet treats. Food is never given as a reward at Kidsize. Birthday cakes and treats *are* accepted at club, as long as they are taken in a **shop bought sealed box** with **ingredients** clearly labelled. **We do not accept foods that contain nuts.**

Physical Activity

At Kidsize we aim to be outdoors as much as possible, this includes activities such as walking, running, climbing, sliding and making up simple games. The benefits of outdoor play include improved ability to adapt to changes in temperature, increased energy, opportunities for sensory motor learning and gives children direct contact with nature and living things. We also like to play in the gym hall in the mornings and some afternoons to encourage physical play and maintain a healthy and active lifestyle.

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