**NUTRITION**

CASC recognises that a well-balanced diet and physical activity are essential factors in the growth and development of children. This policy aims to promote healthy eating and positive messages about food.

* Clubs provide children with varied and nutritious snacks and drinks.
* Dietary requirements are taken into account so that suitable food is made available to all of the children (this includes allergies, cultural and religious requirements).
* Parents of children who are on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves.
* Afternoon snacks are offered to children every day after school. During holiday periods morning snacks are also offered.
* Drinking water is available at all times
* Withholding food is never used as a form of punishment.
* Children are encouraged to develop good eating skills and table manners and will be given plenty of time to eat.
* Parents are encouraged to provide a healthy packed lunch for their child(ren).

**ALLERGIES**

We are aware that children can have allergies to different types of food. We will follow this policy to ensure allergic reactions are minimised and/or prevented and to allow staff to support children should he/she have an allergic reaction.

* Information is given to staff by parents at the point of registration. Staff and families will work together to ensure no foods are given which may cause the child harm.
* An allergy list will be kept in each room where food is prepared/cooked/consumed.
* All food prepared for a child with an allergy will be prepared in an area where there is no chance of contamination and served on equipment which has not been in contact with other food.
* Children with allergies will have an additional support plan which detail signs of reaction and instructions on medicines. All staff are qualified in First Aid training. Medicines will be administered as quickly as possible. At least two staff members will have Epipen training. The family will be contacted asap.
* If a child needs external medical treatment then an ambulance will be called immediately. A staff member will accompany the child and the family will be contacted immediately.