

Food and Nutrition Policy

(Holiday Club for 4–11 Year Olds)



Policy Statement

At Edu-Play Holidays we believe healthy eating is an important part of children's wellbeing. We provide nutritious snacks during our sessions and ask parents and carers to provide a balanced, healthy packed lunch. Our setting is strictly **nut free** to ensure the safety of all children as much as possible.

Snacks Provided by Edu-Play

- We provide healthy snacks such as fruit, vegetables, breadsticks, crackers and rice cakes.
- Parents can provide additional, healthy snacks. **NO NUTS OR PRODUCTS CONTAINING NUTS.**
- Drinking water is always available. Children will need to bring a named water bottle with them for the day.
- Snacks are served in a calm and social setting, encouraging good table manners.
- Sometimes children may be encouraged to help with snack preparation.
- Children and adults will be required to wash their hands before handling food.
- An adult will always supervise children during snack and lunch time.

Packed Lunches from Home

- Parents/carers are responsible for providing a healthy packed lunch each day.
- Fizzy drinks, sweets and chocolate bars are discouraged.
- Lunches must not contain any nuts or nut products (including peanut butter, Nutella or cereal bars containing nuts).

Allergies and Special Diets

- Parents/carers must inform us of any allergies, intolerances or special dietary requirements.
- Staff will be informed about allergies.
- Staff are trained to recognise allergic reactions and follow emergency procedures.

Hygiene and Food Safety

- Staff follow strict handwashing and food hygiene routines.
- Snacks are stored and prepared safely.
- Surfaces are cleaned before and after food is served.

Encouraging Healthy Habits

- We encourage children to try new foods in a positive and supportive way.

- Staff act as role models by making healthy food choices where possible.
- Food is never used as a reward or punishment.

Review

This policy will be reviewed annually or sooner if guidance changes.

Signed:



Stacey Rayner

Club Manager

Date: January 2026

