

# Healthy Eating Policy and Procedure

## Healthy Eating

Nutrition is a significant factor in the growth, development and overall functioning of a child. Good nutrition provides the energy and nutrients essential for physical, emotional and cognitive development. The development of healthy eating practices and physical activity can prevent disease and support a lifetime of good health.

Good nutrition is critical to optimizing each child's potential for success. Meeting nutritional requirements throughout childhood is essential to full intellectual development. Research documents tell us that under nutrition impacts on children's behaviour, performance and overall quality of development.

Children require sufficient energy and essential nutrients each day to concentrate on accomplished learning tasks. Even mild and under nutrition and short term hunger are barriers to learning. Meals and snacks served should meet children's nutrition needs, provide models of healthy eating patterns, and help children establish good eating patterns at an early age.

In2Care aims to encourage and develop healthy eating practices which will become embedded for life.

Here is how we do it:

- Respect the different dietary, cultural, religious and health needs of all children.
- Encourage children to develop positive attitudes towards food through all the learning opportunities that are provided in the club.
- Encourage children to become food explorers!
- Promote an understanding of a balanced diet.
- To develop children's understanding of the importance of the social context in which eating takes place.
- Create a family style, relaxed meal time.
- Encourage children to make good food choices.
- Encourage independence through self-serving.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to children.

## Being Healthy

We want to support children and their families to make healthy choices. This is what we will promote at our Care Clubs:

- Eat breakfast every day
- Eat fruit and vegetables daily
- Avoid snacks and drinks with a high sugar content (Treats for events such as Easter, Christmas or end of Summer Term treats)
- Drink plenty of fluids to avoid becoming dehydrated. Water is best!
- Be physically active every day
- Brush teeth twice a day and visit your dentist regularly
- Encourage snacks and lunches to be nutritious, avoiding large quantities of sugar, salt, saturated fats, additives, preservatives, and colourings.
- We have fresh drinking water and suitable cups readily available for children and team

- Support children in learning when they have had enough food and sensitively discussing portion controls.
- Encouraging children to have a snack (even if it's an inconvenience to them, if they would rather be playing a sport!)
- We support the children in recognising that they need to drink water when they are thirsty, hot, tired, or feeling unwell.

### Breakfast and After School Clubs

At our breakfast and after school clubs we aim to provide food that is as healthy and as varied as possible.

Breakfasts will consist of a choice of non-sugary cereals, toast and a choice of spreads, which may include jam and marmite.

At after school club, the children have access to a rolling stack. Children attending other after school activities will have a snack kept for when they arrive.

Children will be expected to sit at a table and behave in a suitable manner.

### School Food Standards

The School Food Standards apply to a provision which provides snacks before 6pm on school premises.

### Implementing the standards

A child's diet should consist of:

1. Plenty of fruit and vegetables
  2. Plenty of unrefined starchy foods
  3. Some meat, fish, eggs, beans and other non-dairy sources of protein
  4. Some milk and dairy foods
- (and a small amount of food and drink high in fat, sugar and/or salt)

### Menus

Our breakfast and after school club menus include the foods listed above. Copy of our menu's are available on request and are displayed on our board on site.

We are open to feedback and suggestions on our menus. Please email [info@in-2-care.co.uk](mailto:info@in-2-care.co.uk).

### Portion sizes

Please see the below portion sizes recommendations for the foods groups we provide as a healthy snack, or breakfast at our Care Clubs.

<b>Food</b>	<b>Primary 4-10 year olds</b>
<b>Bread:</b> includes white, wholemeal, granary, brown, wheatgerm, multigrain, potato bread, chapattis, plain baked naan, rotis, rolls, bagels, pitta, wraps	(50-70g) 1-2 slices of medium bread 1 small roll 1 small or 1/2 large bagel 1 small pitta 2 6" wraps 1 10" wrap

<b>Food</b>		<b>Primary 4-10 year olds</b>
Vegetables or mixed salad, salad bars	Raw	40-60g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach, spring greens	Cooked	40-60g 1-2 tablespoons
Pulses include lentils, kidney beans, chick peas	Dried <sup>3</sup>	15-20g
	Cooked	40-60g 1-2 tablespoons
Baked beans in tomato sauce (as an accompaniment)	Cooked	50-70g 1-2 tablespoons
Vegetable-based soup	Cooked	200-250g

**Fruits** in all forms, including fresh, frozen, canned, dried and juiced. Fruits can be provided within example, fruit-based desserts such as crumbles.

Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g 1 small sized fruit with skin
Medium-size fruit, e.g. satsumas, tangerines, plums, apricots, kiwis	Raw	50-100g 1 fruit with skin
Small fruits, e.g. strawberries, raspberries, grapes	Raw	40-60g 10-15 fruits

### **Milk and dairy**

**This includes all types of milk, cheese, yoghurt (including plain or fruit, frozen and drinking yo based sauces, custard (made with milk), puddings made from milk and milk-based sauces.**

<b>Food</b>	<b>Primary 4-10 year olds</b>
Lower-fat drinking milk	150-200 mls

**Savoury crackers, bread sticks** (served with fruit, vegetables or dairy foods); portion size excludes fruit. 10-15g  
1-2 crackers

### **Healthier Drinks**

Fruit/vegetable juice (maximum portion size)	150 mls
Drinking milk	150-200 mls
Combination drinks (fruit juice/water, flavoured milk) (maximum portion size)	330 mls

(Source - [School-Food-Standards-Guidance-FINAL-V3.pdf](#) (publishing.service.gov.uk))

This policy was adopted by: In2Sport	Date: 6 <sup>th</sup> September 2022
To be reviewed: September 2023	Signed: L M Hall