

# St. Bernard's Extra

## "Before & After" School Club

Victoria Park Avenue, Lea, Preston. PR2 1RP

Tel 01772 728153

Mobile No: 07495018123

Ofsted 119449



### FOOD & DRINK POLICY

St. Bernard's Extra is committed to providing healthy, nutritious & tasty food and drinks for children during our sessions. The club leader & staff will make every effort to ensure that food & drink is safely prepared and sensitive to the dietary, religious & cultural requirements of all the children.

When preparing food & drink, staff will be mindful of the provisions of the Hygiene policy so as to ensure that the safety of staff and children is paramount. In addition to these provisions, staff will be careful to ensure both the safety of themselves and children when using sharp or dangerous equipment in food & drink preparation.

The club leader and staff are mindful of their responsibilities and obligations under the Food Safety Act 1990. The club is registered with the local authority to provide food. All staff that either handle or prepare food must have to date food handling certificates and be fully trained in food storage, preparation, cooking and food safety.

As part of a child's settling in period the club requires that the parents/carers complete the Admissions form, including information about any special dietary requirements or allergies the child suffers from, along with their food & drink preferences.

The club leader & staff will ensure that food & drink offered to children takes account of this information so as to safeguard their health and meet, as far as possible their particular preferences.

No child will ever be forced to eat or drink something against their will and the withholding or granting of food & drink will never be used as either a punishment or reward.

The club recognises the importance of healthy eating and a balanced and nutritious diet. Therefore the club will endeavour to make a variety of foods available.

Reviewed March 2022

The club will not provide sweets for children and will avoid excessive amounts of fatty or sugary food. The club will provide a choice of non-sugary drinks and make sure that fresh drinking ware is available at all times.

**Cultural & Religious Diversity:**

The club and its staff are committed to embracing the cultural and religious diversity of the families who use our services. The club leader and staff will work with parents / carers to ensure that any particularly dietary requirements are met. The club is also keen to help introduce children to different religious and cultural festivals and events through different types of food and drink.

At times of celebration, the food supplied by the club will remain as healthy as possible, although some foods may be available which do not comply with the current guidelines such as biscuits, crisps & chocolate.