



Mud Club

Healthy Eating Policy

Mud Club provides healthy, nutritious and balanced food and drinks. Food and drink are safely prepared with regard to the dietary and religious requirements of the children in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child.

Information regarding food allergies is recorded in the daily register, and visible to staff whilst food is being prepared.

If a child attending has a serious, life threatening allergy, then every effort will be made to ensure that there are no traces of the allergen on site. For example, parents will be informed not to send any food containing that ingredient, and Mud Club will not prepare food containing that ingredient.

Mud Club promotes healthy eating and leads by example. Staff responsible for food preparation, handling and storage have received appropriate training.

- We provide suitable healthy snacks for all the children.
- All children are given plenty of time to eat.
- Where appropriate, children are involved in planning and preparing food and snacks.
- Children must bring their own water, however bottled drinking water is available if necessary.
- Withholding food is never used as a form of punishment.
- Staff discuss with children the importance of a balanced diet where appropriate.
- The Club does not regularly provide sweets for children.
- We limit access to fatty or sugary foods.
- Children are never forced to eat or drink anything against their will.
- Children bring their own packed lunch and drinking water to each session.
- Mud Club explores the process of where food comes from and eating seasonally.

This policy was adopted by: Mud Club	Date: 20.10.2025
To be reviewed: 20.10.2026	Signed: Emily Lumb

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2023): Safeguarding and Welfare Requirements: Food and drink [3.48-3.50]*.