

## **123 AFTER SCHOOL CLUB MENU PLANNING POLICY**

At 123 Club we aim to promote and provide a nutritionally well-balanced diet for all the children within the setting. We work alongside the Health Promotion Agency for Northern Ireland and follow specific early years guidelines, Nutrition Matters for the Early Years. (Health Promotion Agency, 2009, updated training in 2013 with revised undated guide). Within these guidelines we design seasonal menus, which are healthy, tasty and enable children to experience a wide range of foods.

123 Club believes that

- Every child has the right to a well-balanced diet.
- Good nutrition is essential during early childhood. This is also a vital stage for healthy tooth development.
- We respect and understand that children do have dislikes and will provide a healthy alternative.
- To enhance social development and good eating habits we encourage children to eat together around the table.
- Drinking water is available throughout the day for children.
- four weekly menu plans are displayed on the notice board in each playroom. This enables parents, family and visitors to view the food on offer.
- Snack is served at specific times each day.
- An allergy / dietary requirement list is displayed. Parents MUST make all allergies known to 123 Club on child's enrolment or as soon as parent becomes aware of a child's allergy.
- If a child does have an allergy, we will devise a menu ensuring that we are meeting the needs of the child which we will ask parents to review and sign to indicate consent.
- We advise all parents, visitors and staff that the 123 Club is a nut free zone. Due to allergies we ask that there is no food brought onto the premises which contain nuts or have nut traces within them.
- We would discourage children bringing sweets or unhealthy snacks into 123 Club. The setting tries to promote healthy eating throughout all the age groups. If your child becomes hungry at any stage throughout the day, other than snack time, we will provide them with a healthy snack.
- Mothers who are breast feeding are welcome to come in and out of 123 Club throughout the day to feed their baby.