



Healthy Eating Policy

The Nurture Circle Ltd. encourages parents to provide healthy, nutritious and balanced food and drinks for their children when they attend Nature Club Sessions. Children expend lots of energy during the sessions and need nutritious and healthy snacks to restore them before they continue.

We ask all parents to provide a bottle of water for hydration and a healthy snack that follows our allergy advice for the safety of our groups. We operate a strictly No Nut policy and will advise each group on food types to avoid in the eventuality of a child with a serious allergy within our group as part of the registration process.

When we do offer campfire cooking activities 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 on the child register which is taken to site for each session and visible to staff whilst food is being prepared.

The Nature 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 such as stewed apple, raisin and cinnamon porridge, pumpkin soup when cooking over our campfire
- Children are encouraged to develop an awareness of their own food and drink needs and can manage their own snack times eating in a designated snack area when they become hungry or thirsty
- All children are given plenty of time to eat.
- Where appropriate, children are involved in planning and preparing of food and snacks over the campfire
- Fresh drinking water is available at all times on site if parents forget to provide water bottles
- Staff discuss with children the importance of a balanced diet where appropriate.
- The Nature Club will on special occasions offer children the opportunity to cook items such as marshmallows, popcorn or desserts on the campfire as part of their understanding of a healthy approach to treats and as items they can manage more independently over the fire.
- Children always have freedom of choice over whether they sample the campfire treats – these activities are offered as an experience rather than for nutritional benefits.

This policy was adopted on	Signed on behalf of the company	Date for review
07/06/2021	<i>Geri Weeks</i>	07/06/2022 or before