EzeeSport Healthy Eating Policy

EzeeSport  do not provide food and snacks. It is the responsibility of parents to provide healthy, nutritious and balanced food and drinks. Parents must notify us regarding any special dietary requirements or allergies when they register their child.

Information regarding food allergies is recorded on the register which is visible to staff in the care of the children for the day.

EzeeSport promotes healthy eating and leads by example.

* Children are encouraged to develop good eating skills and table manners.
* All children are given plenty of time to eat.
* Fresh drinking water is available and accessible to children at all times.
* 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 encourage the limiting of access to fatty or sugary foods.
* Children are never forced to eat or drink anything against their will.
* Children are always supervised (within sight and hearing) of an adult whilst eating

Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2024): Safeguarding and Welfare Requirements: Food and drink [3.56 – 3.57].*