








Take 2 Cornwall Healthy Eating Policy

Take 2 Cornwall provides healthy, nutritious and balanced food and drinks. Food and drink are safely prepared with regard to the dietary and religious requirements of the young people in our care. We ask parents to notify us regarding any special dietary requirements or allergies when they register their child/young person.

Information regarding food allergies is recorded on the Allergy Information Board which is visible to staff whilst food is being prepared.

Take 2 Cornwall 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/young people.
- Young people are encouraged to develop good eating skills and table manners.
- All young people are given plenty of time to eat.
- Where appropriate, young people are involved in planning and preparing food and snacks.
- Fresh drinking water is available and accessible to young people at all times.
- Fresh fruit is available at all sessions.
- Withholding food is never used as a form of punishment.
- Staff discuss with young people the importance of a balanced diet where appropriate.
- Take 2 Cornwall does not regularly provide sweets for young people.
- We limit access to fatty or sugary foods.
- Young people are never forced to eat or drink anything against their will.

This policy was adopted by: Take 2 Cornwall	Date:01.09.2021
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Written in accordance with the *Statutory Framework for the Early Years Foundation Stage (2021): Safeguarding and Welfare Requirements: Food and drink [3.48-3.50]*.