



## Healthy Eating Policy

At Little Big Learners children are encouraged to bring a healthy snack to have when they arrive to the club setting after school. We provide fruit to the children at a designated time through the evening with us.

We ensure that we provide opportunity for children to:

- try at least 3 different fruits each week
- make water the drink of choice:
  - limiting fruit juice portions to 150mls (breakfast club)
  - restricting the amount of added sugars or honey in other drinks to 5%

A good balanced diet is vital for children to develop healthily along with fresh air and regular exercise. We fully encourage all three aspects of healthy development at Little Big Learners.

Staff will accompany the children whilst eating round the table and encourage good table manners. We try to make snack times a relaxed and enjoyable experience.

We do not permit children to have fizzy drinks. Children are offered water. Milk or fruit juices are available at Breakfast Clubs.

We do not encourage children to eat sweets and therefore sweets are not permitted at Little Big Learners. Parents are advised to liaise with staff if there are times where you would require your children to hand out treats on special occasions (eg, Birthdays). Children sometimes arrive to Little Big Learners with treats from classmates from school. We will encourage children to save these treats until they get home.