



Nutrition Policy for Wrap around care

This policy was reviewed and updated in September 2026

The Early Years Foundation Stage (EYFS) statutory framework sets the standards that early years providers must meet to ensure that children learn, develop well and are kept healthy and safe. From September 2026, the statutory guidance states,

'Where children are provided with meals, snacks, and drinks, these must be healthy, balanced and nutritious. To understand how to meet this requirement, providers must have regard to the 'Early Years Foundation Stage nutrition guidance'

This policy follows guidance from the statutory EYFS framework and the EYFS Nutrition guidance which was published in May 2025 and the School Food Standards (SFS). A copy of the Nutrition guidance is in our Nutrition folder.

The guidance states the importance of providing all children with healthy balanced and nutritious food. Add+VENTURE club recognises that the early years are a crucial time to reduce health inequalities and set the foundations for a lifetime of good health. At Add+VENTURE Club the children have the opportunity to stay for tea. The menu is carefully planned half termly which is changed each half term to reflect the seasons. The menu has been planned using the nutrition guidance and recipe guidance from the best start in life and government guidelines. Each day the children are offered a main dish with either a starter or a second dish. The dishes are based on the main 4 food groups to promote a healthy, balanced diet:- (fruit and vegetables; potatoes, bread, rice, pasta and other starchy carbohydrates; dairy or dairy alternatives; and beans, pulses, fish, eggs, meat and other proteins). These provide essential nutrients to help children grow and develop. Our menu avoids foods that are high in sugar, fat and salt. Foods high in sugar have been replaced with low sugar alternatives or avoided. Shop bought cake, sweets and chocolate are not permitted at wrap around care.

If a child has a celebration and the birthday cake is the only cake they are having that day as part of their celebration, the child is allowed the cake to promote a home from home

celebration. The cake will not be eaten at wrap around care, small portions will be given in food bags to take home.

If a child is having a separate birthday cake celebration at home, parents are asked to bring in fruit platters or non-edible small tokens of gesture for the children to take home such as bubbles.

Staff are aware of the traffic light system on food packaging. Some food labels use red, amber and green colour coding to tell you if a food has high, medium or low amounts of fat, saturated fat, sugars and salt:

- red means high
- amber means medium
- green means low.

In general, a food or drink that has mostly greens on the label is a healthier choice. Red means the product is high in fat, saturated fat, salt or sugars, and you should avoid giving these to children and try to choose products which are low or medium in saturated fat and sugars, and low in salt. Add+VENTURE club staff lead by example and will highlight these colours on food packaging to the children to teach them about healthy eating and promote making healthy choices from an early age.

At the breakfast club the children serve themselves from the self serving table. They have the option of cereals, a bread option and fruit and natural yogurt each day. Milk and water are available throughout the session for the children to self pour. Alternative milks are provided such as oat milk or soya milk if required.

Parents have access to the menu on Speen School Website and it is displayed on the parent notice board. Parents are encouraged to offer meal ideas that their children enjoy at home. The children are also involved in the meal plans and their requests are adhered to where appropriate.

Add+VENTURE Club orders their food from Tesco's which is delivered weekly. All meals are prepared on site, using the kitchen facilities provided by Speen School. The club is registered as a food operator with the local authority. Fruit and vegetables are either bought from Tesco's or the local store in the village who sources their fruit fresh from the market each day.

Portion sizes

A portion size for a child aged 1 to 5 is generally smaller than an adult portion. Portion size refers to 1 part of a meal. For example - 1 portion of vegetables alongside a portion of carbohydrates and a portion of protein could be 1 meal. There are no official guidelines on exactly how much food children need. Portions should be appropriate for a child's body size and appetite. For toddlers, portion size is usually roughly the size of

their clenched fist. About half a piece of fruit (cut appropriately) or a tablespoon of vegetables is a good portion size for a snack. Staff at wrap around care monitor a child's appetite and adjust portion sizes to make sure they get enough energy and nutrients. Staff know the children well at wrap around care and find out eating habits before the child starts. The children start with a reasonable portion and they can serve themselves a second portion if they wish to. At wrap around care we avoid:-

- *making children finish everything on their plate or eat more than they want to*
- *offering rewards to children for finishing everything on their plate (e.g. stickers or dessert).*

DfE's help for early years providers website has a guide to portion sizes which has been read and reflected upon when writing this policy.

FOOD PREPARATION AND SUPERVISION

When serving food to children, staff must always make sure to cut food to a size that's right for a child's size, age and stage. This helps avoid choking.

The Food Standards Agency has 2 posters on how to prepare food safely to avoid Choking which is displayed in the kitchen. When preparing food, it is important to avoid round shapes as these are a choking hazard. Cut small fruits lengthways and then halve again (quarters). These fruits include:

- grapes
- strawberries
- cherry tomatoes

Children can choke on any food. To minimise the risk of choking:

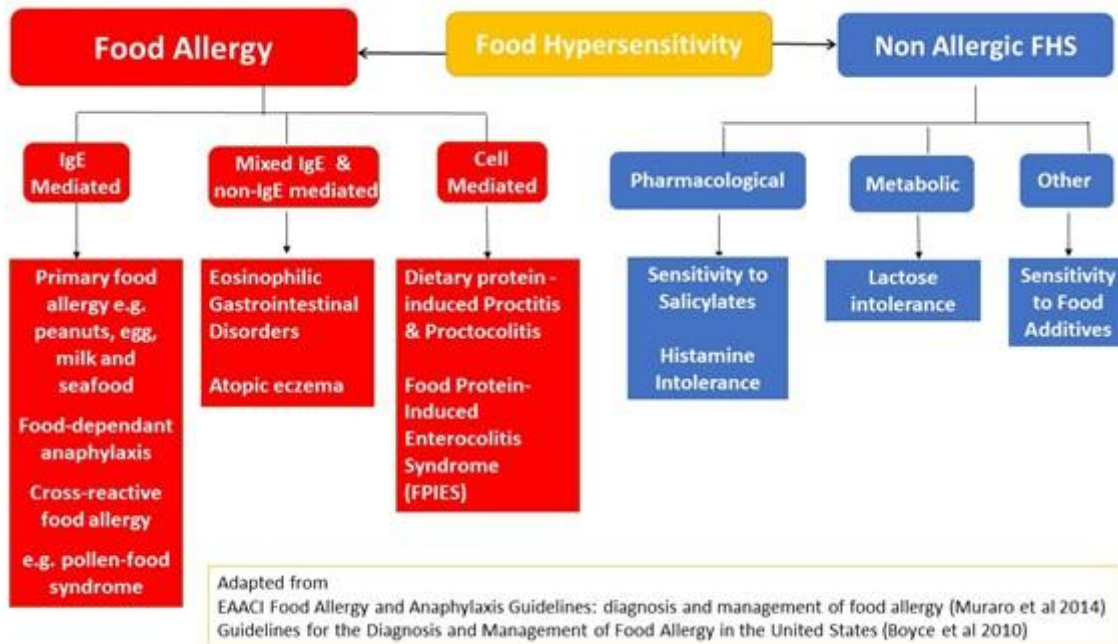
- remove any stones and pips from fruit before serving
- cut small round foods (like grapes, strawberries and cherry tomatoes) lengthways and into quarters
- cut large fruits (like melon) and hard fruit or vegetables (like raw apple and carrot) into slices instead of small chunks
- do not offer raisins as a snack to children under 12 months (they can be chopped up as part of a meal)
- soften hard fruit and vegetables (like raw apple and carrot) and remove the skins when first given to babies from around 6 months
- cut sausages into thin strips rather than chunks and remove the skins (sausages should be avoided due to their high salt content)
- remove bones from meat or fish

- do not give whole nuts to children under five years old
- do not give whole seeds to children under five years old
- cut cheese into strips rather than chunks
- consider wholemeal or toasted bread as white bread can form a doughy ball in the throat, and cut all types of bread into strips for very young children
- do not give children popcorn as a snack
- do not give children marshmallows or jelly cubes from a packet, either to eat or as part of messy play activities, as they can get stuck in the throat
- do not give children hard sweets

Food allergies and Dietary requirements including Allergens

Before a child is admitted to Add+VENTURE Club, parents must complete a registration form on iPAL which obtains information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information must be shared with all staff involved in the preparing and handling of food. At each mealtime and snack time staff must be clear about who is responsible for checking that the food being provided meets all the requirements for each child. This is everybody's responsibility at wrap-around care that is directly cooking the food, handing out any food and supervising the meal time. All staff must work as a team to ensure these requirements are met. The kitchen supervisor has overall responsibility to ensure the correct meals have been prepared for children and meet the safer eating requirements.

Add+VENTURE club builds positive relationships with parents and have ongoing discussions with parents and/or carers and, where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information is kept up to date by Add+VENTURE Club and shared with all staff. Add+VENTURE club staff will refer to the British Society for Allergy and Clinical Immunology (BSACI) allergy action plan as and when required. The directors at Add+VENTURE Club ensure that all staff are aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time. The table below is from the BSACI website.



Any food allergies are added to our 'children with allergies' poster which is displayed in the kitchen. On occasion the kitchen is deep cleaned and this information might be taken down. If this is the case the information is in the front of the nutrition folder and children with an allergy are highlighted in orange on the register. Any children that require an epi pen are highlighted red. Children with any severe allergies to certain allergens will be considered and any food with these allergens will be risk assessed in our meal planning. For example shell fish and eggs. Parents will be involved in the risk assessment. Children are taught the importance of not sharing food at wrap-around care.

Food allergens are taken into consideration and food allergen charts are completed for the menus, snacks and breakfasts that Add+Venture Club provides. The setting adheres to a no nut policy in line with the school.

Symptoms of a food allergy

Symptoms of a food allergy can affect any part of the body, including different parts of the body at the same time. Common symptoms of a food allergy include:

- feeling dizzy or lightheaded
- itchy skin or a raised rash ([hives](#))
- swelling of the lips, face and eyes ([angioedema](#))
- coughing, wheezing, breathlessness, noisy breathing or a hoarse voice

- sneezing or an itchy, runny or blocked nose
- feeling sick or being sick
- tummy pain
- diarrhoea

You may get symptoms straight after eating the food you're allergic to, or days later. A food allergy is different from having a [food intolerance](#), which causes symptoms such as bloating and tummy pain, usually a few hours after eating the food you're intolerant to.

If a child has an adrenaline auto-injector

If a child is having a serious allergic reaction and has an adrenaline auto-injector (such as an EpiPen), the named first aider must use it immediately. Instructions are included on the side of the injector and guidance will be on the child's health care plan displayed in the kitchen where the first aid box is located.

Another member of staff must call 999 for an ambulance and inform the parents immediately, even if the child seems to be feeling better. A record of the incident must be completed and signed by the first aider and the parent.

Food Poisoning

Ofsted will be notified of any food poisoning affecting 2 or more children looked after on the premises. Notification will be made as soon as is reasonably practicable, but in any event within 14 days of the incident. may also involve other agencies.

Safer Eating

Staff responsible for food preparation, handling and storage have received appropriate training, including Paediatric First Aid. There will always be a named first aider present when the children are eating. The Early Years children sit on a separate table with a member of staff sat with the children, following requirements set out in the Early Years Statutory guidance.

'Children must always be within sight and hearing of a member of staff whilst eating. Choking can be completely silent, therefore, it is important for providers to be alert to when a child may be starting to choke. Where possible, providers should sit facing children whilst they eat, so they can make sure children are eating in a way to prevent choking and so they can prevent food sharing and be aware of any unexpected allergic Reactions.'

If a child experiences a choking incident that requires intervention, the member of staff who administered first aid must record details of where and how the child choked and ensure parents and/or carers are made aware in a timely manner. The manager and directors must be made aware if they are not on site. The records will be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action will be taken to address any identified concerns.

Reinforcing positive healthy eating habits

Eat a Rainbow

The children at wrap around care will be taught the phrase 'eat a rainbow'. This is to encourage the children to eat a wide variety of colorful fruits and vegetables to ensure a balanced intake of diverse vitamins, minerals, and nutrients, which contribute to overall health and well-being. Each colour group offers different health benefits, so incorporating a mix of red, orange, yellow, green, and purple foods supports bodily functions from heart health to vision and immunity. The children will be taught the benefits of each colour.

Helper of the day

The children will have the opportunity to be the helper of the day at Add+VENTURE club. The jobs are decided and reflected upon at the beginning of each half term with the children who attend the club. Previously the children have come up with key responsibilities for this role which include clearing away the dishes, wiping the tables, sweeping the floor and helping prepare the vegetables.

Add + **V**ariety, **E**nergise, **N**ature, **T**rips, **U**nique, **R**espect, **E**njoy

At Add+VENTURE club wrap around care our vision is for all children to be active and have fun. Alongside this we teach the children key skills for life, including being respectful and enjoying themselves. We promote a family style meal and breakfast where all the children and staff sit down together. During this time, table manners are taught, including the use of cutlery and being polite. Being social and talking to each other about the day is important and talking about the food that is on our plates. The environment is considered and children are promoted to talk to each other, being mindful of noise level. Our menu reflects a variety of food throughout each term and special menus will be incorporated to reflect festivals and special events celebrated by the children and the school. Healthy options will always be taken into account at these times.