Sharing of Food & Promoting Healthy Eating Policy

Purpose

At Buzzers Academies, we are committed to promoting healthy eating and meeting the welfare requirements set out by Ofsted and the Early Years Foundation Stage (EYFS) framework. We ensure that all food and drink provided is healthy, balanced, safe, and suitable for children's individual needs. It is important to Buzzers Academies to minimise the risk to children and young people who attend our sessions/Clubs/Camps, who have allergies and anaphylactic reactions. Our 'Sharing of Food & Promoting Healthy Eating' policy will help to reduce the risk to children and young people. Such a policy can also be considered to assist in the general health and hygiene of the children and young people.

Legislative and Ofsted Framework Links

This policy is based on:

- EYFS Statutory Framework
- Ofsted safeguarding and welfare requirements
- Food Standards Agency guidance

Aims

We aim to promote healthy lifestyles, provide balanced meals, support children's learning, and work with parents.

Guidelines

- All Buzzers Academies staff are to be aware that children/young people are not to swap or share food and can only eat food provided or approved by their parents/carers/guardians.
- All Buzzers Academies staff must take on the responsibility of ensuring parents/carers/guardians and children/young people understand why we have this policy in place.

Implementation

- When attending a Buzzers Academies session/Club/Camp, the children/young people will be made aware of our 'Sharing of Food' policy during the full group introduction.
- Details will be provided to the 'lead' tutor regarding children's/young person's allergies listed on the online booking form.
- Food allergies are very common amongst children and young people. As a result, Buzzers Academies enforces a 'No Nuts Policy' for all children/young people. No food items with nut or nut elements are to be used or consumed within the session/Club/Camp premises.

- Children/young persons are not permitted to share food. All children/young people will be reminded by Buzzers Academies staff about the importance and relevance of not sharing or swapping food during snack and lunch times.
- If children/young persons are found to have been sharing or swapping food, they will be supported and educated on the issue by the Buzzers Academies 'lead' tutor.
- Should children/young persons continue to disregard the rules regarding the sharing or swapping of food, their parent/carer/guardian will be informed, and the matter will be treated as a breach of Buzzers Academies rules.
- When a child/young person celebrates a birthday whilst at a Buzzers Academies sessions/Club/Camp, food items are not to be shared with other children/young people e.g. cake or sweets. This applies to all foods and drinks. Instead of food, parents/carers/guardians may provide children/young people with a different treat e.g. party hats, toys etc.

Medication Relating to Food Allergies

If a child/young person has an allergy to any food, they must ensure the Buzzers Academies 'lead' tutor is aware and that details of the allergy are written on the child's/young person's online account and booking form). A 'Medication Form' should also be completed and handed to the 'lead' tutor at the start of the sessions/Club/Camp. *Please see our 'Medication Policy' for further information on this.*

Parents/carers/guardians should hand any medication, Epi-Pens etc to the Buzzers Academies 'lead' tutor, as well a letter stating that they give permission for Buzzers Academies staff to administer the medication if needed.

- A new letter of consent must be written each time the child/young person attends a Buzzers Academies session/Club/Camp.
- All permission letters/forms will be kept on file for 2 years.

Food and Drink Provision

Meals and snacks will be balanced and include fruit, vegetables, carbohydrates, protein, and dairy. Foods high in sugar, fat, and salt are limited. Fresh drinking water is always available at our Camps.

Individual Dietary Needs

All dietary requirements, allergies, and cultural preferences are recorded. Staff are informed and suitable alternatives provided.

Packed Lunches

Parents are encouraged to provide healthy lunchboxes. Sugary drinks and sweets are discouraged.

Promoting Healthy Eating

Children are encouraged to try new foods and learn about healthy choices through activities.

Staff Responsibilities

Staff model healthy eating, support children positively, and follow safeguarding procedures. All our staff integrate with the children during the lunch break i.e. they eat together. This enables them to further encourage and support healthy eating.

Food Safety and Hygiene

During some of our sessions, food is provided. In this instance, all Buzzers Academies staff are trained in Food Hygiene.

Safeguarding Considerations

Staff monitor for signs of neglect or concerns related to food and follow safeguarding procedures.

Inclusion and Equality

All children are included and dietary needs respected.

Partnership with Parents

We communicate with parents about dietary needs and healthy eating guidance.

Evaluation

Feedback from parents/carers/guardians and Buzzers Academies 'lead' tutors will be used as a guideline to the effectiveness of this policy.

This policy was reviewed and/or updated on 20/10/2026