

Roby Rainbows Clubs

Healthy Eating & Nutrition Policy

Wraparound Care Provider for Pupils of Roby Park Primary School

Provider: Roby Rainbows Clubs

Location: Roby Park Primary School

Applies to: Breakfast Clubs, After-School Clubs, Wraparound Care and Holiday Clubs

Policy owner: Roby Rainbows Clubs Management

Effective from: September 2026

Review date: September 2027, or sooner if legislation/guidance changes

Policy status: Approved

1. Policy Statement

Roby Rainbows Clubs is committed to promoting healthy eating, good nutrition and positive attitudes towards food for all children attending our wraparound and holiday childcare provision.

We recognise that the food and drink provided to children can make an important contribution to their health, wellbeing, development, concentration and ability to learn.

We will provide food and drinks that are nutritious and balanced; appropriate for children's age and developmental needs; varied and appealing; in line with current School Food Standards where applicable; consistent with Knowsley Council's healthy eating guidance; safe and prepared in accordance with food hygiene requirements; inclusive of children's medical, allergy, dietary, religious and cultural requirements; and supportive of healthy eating habits without creating anxiety, shame or negative attitudes towards food.

The current School Food Standards apply to food and drink provided to pupils on school premises outside lunchtime and specifically include breakfast clubs and after-school clubs up to 6pm. Roby Rainbows Clubs will therefore operate its food provision to a standard that supports and complements the school's approach to healthy eating.

2. Aims

Provide children with nutritious food and drinks during wraparound care.

Encourage children to develop healthy eating habits that can continue into adulthood.

Provide a varied diet containing fruit, vegetables, wholegrains, protein and appropriate dairy or alternatives.

Ensure drinking water is readily available.

Reduce children's exposure to foods and drinks that are high in saturated fat, sugar and salt.

Support children's oral health by limiting sugary foods and drinks.

Accommodate allergies, intolerances, medical diets, religious requirements and cultural dietary requirements.

Ensure food is prepared, stored and served safely.

Ensure staff understand their responsibilities regarding food hygiene and allergies.

Work in partnership with Roby Park Primary School, parents/carers and relevant professionals.

Keep our practice under review as government legislation and nutritional guidance develops.

3. Healthy Eating Principles

Fruit and vegetables: We will provide a variety of fruit and vegetables, including fresh, frozen or appropriately prepared options. Examples include apples, bananas, pears, oranges, berries, melon, carrot sticks, cucumber, peppers and tomatoes. Children will be encouraged to try different foods without being pressured to eat something they do not want.

Starchy carbohydrates: Where appropriate, we will provide wholemeal bread, wholegrain cereals, pitta bread, wraps, pasta, rice, potatoes, couscous and other higher-fibre carbohydrate options.

Protein: Where included in meals and snacks, protein sources may include chicken, fish, eggs, beans, lentils, chickpeas, Quorn or other suitable alternatives, cheese and other appropriate protein-rich foods.

Dairy and alternatives: We will provide appropriate dairy foods or suitable alternatives, such as milk, lower-fat yoghurt, cheese and unsweetened fortified plant-based alternatives where appropriate.

4. Breakfast Provision

Where Roby Rainbows Clubs provides breakfast, we will aim to provide nutritious options such as wholegrain or higher-fibre cereals, porridge, wholemeal toast, wholemeal bread or other suitable bread products, fruit, lower-sugar/lower-fat yoghurt, milk or suitable alternatives, and water.

Breakfast provision will comply with the applicable School Food Standards. Foods high in fat, sugar and salt that are prohibited under the applicable standards will not be routinely provided.

5. After-School Snacks and Meals

Snacks provided during after-school care will be selected to provide nutritional value rather than simply being treats.

Examples: fresh fruit; vegetable sticks; wholemeal toast; crackers or bread-based options meeting the applicable standards; yoghurt; cheese; hummus with suitable vegetables or bread products; and fruit-based options without added sugar where appropriate.

Where a more substantial meal is provided, it will be planned to include appropriate combinations of starchy carbohydrate + protein + vegetables/salad, alongside suitable additional components.

6. Foods and Drinks We Will Limit or Avoid

Roby Rainbows Clubs will limit foods and drinks that are high in added/free sugars, saturated fat and salt.

These will not be routinely provided: sweets and confectionery; chocolate bars; sugary fizzy drinks; energy drinks; high-sugar squash or similar drinks; highly processed snack foods where healthier alternatives are available; and foods that do not meet the applicable School Food Standards.

Water will be the primary drink available to children. We will not use sweets or unhealthy foods as behavioural rewards.

7. Treats, Celebrations and Special Occasions

Roby Rainbows Clubs recognises that food is also part of celebrations and children's social experiences. Occasional treats may be provided as part of birthdays, cultural celebrations, festivals, special events and holiday activities; however, treats will remain occasional rather than routine.

We will avoid creating a culture where children are rewarded with food or where unhealthy food is presented as the main feature of celebrations. Children will never be made to feel guilty, embarrassed or ashamed about eating particular foods.

8. Drinking Water

Fresh drinking water will be available to children throughout their time at Roby Rainbows Clubs. Children will be encouraged to drink regularly, particularly during warm weather, following physical activity, during outdoor play and during holiday activities.

9. Food Allergies and Intolerances

Roby Rainbows Clubs takes food allergies extremely seriously.

Before a child attends, parents/carers will be asked to provide information regarding food allergies, food intolerances, medical dietary requirements, religious dietary requirements, cultural dietary requirements and other relevant food-related medical conditions.

Staff will check ingredients before serving food; follow the child's individual dietary requirements; prevent avoidable cross-contamination; never assume that a food is safe because it has previously been served; check packaging and ingredient information when products change; follow the school's allergy procedures where applicable; follow the child's individual healthcare/allergy plan where one exists; and know how to respond to an allergic reaction or suspected anaphylaxis.

Nut awareness: Roby Rainbows Clubs will operate an allergy-aware approach rather than relying solely on a blanket “nut-free” policy. This reflects current government guidance, which recognises that precautionary allergen labelling means that simply declaring an environment completely nut-free can be difficult to guarantee.

10. The 14 Allergens

Staff responsible for food preparation and service must understand the legally recognised major allergens and how to identify them.

Celery; cereals containing gluten; crustaceans; eggs; fish; lupin; milk; molluscs; mustard; nuts; peanuts; sesame; soya; sulphur dioxide/sulphites.

11. Natasha's Law / PPDS Food

Where Roby Rainbows Clubs prepares food that falls within the definition of prepacked for direct sale (PPDS), the appropriate allergen labelling requirements will be followed.

This includes food prepared and packaged on the same premises, packaged before the child selects or orders it, and ready for presentation or sale.

Where applicable, labels will include the name of the food, a full ingredients list, and allergens emphasised within the ingredients list.

12. Food Hygiene and Safety

Roby Rainbows Clubs will maintain high standards of food hygiene. Food will be purchased from reputable suppliers; stored appropriately; kept at safe temperatures; prepared hygienically; protected from contamination; served using clean equipment; checked for use-by dates; stored according to manufacturer instructions; and disposed of appropriately when unsafe or out of date.

Staff handling food will receive appropriate food hygiene training for their role. Food preparation areas and equipment will be cleaned appropriately before and after use.

13. Food Business Registration

Where Roby Rainbows Clubs' activities constitute a food business requiring registration, the organisation will ensure that the appropriate registration is completed with Knowsley Council.

The organisation will seek advice from Knowsley Council Environmental Health where there is uncertainty about registration or food-business requirements.

14. Special Dietary Requirements

Roby Rainbows Clubs will make reasonable arrangements to accommodate children's allergies, medical diets, food intolerances, religious dietary requirements, cultural dietary requirements, vegetarian diets and vegan diets where practicable and appropriate.

No child will be excluded from social eating activities because of their dietary requirements. Where a safe alternative cannot be provided, parents/carers will be contacted before food is offered.

15. Children's Relationship With Food

Roby Rainbows Clubs will promote a positive relationship with food.

Staff will encourage children to try a variety of foods; avoid pressuring children to eat; avoid negative comments about children's weight or appearance; avoid describing children as "good" or "bad" based on what they eat; avoid using food as punishment; avoid withholding food as punishment; respect children's appetite and satiety cues; and recognise that children may have different food preferences.

Children will be encouraged to make healthy choices through positive role modelling and accessible food choices.

16. SEND and Individual Needs

Roby Rainbows Clubs recognises that some children may experience additional sensory, developmental or communication needs around food.

Staff will work with parents/carers and the school to support children who have restricted diets, experience sensory sensitivities, have difficulties with textures, need additional support at mealtimes, require adapted eating arrangements, or have an individual healthcare plan.

Food will not be used as a means of forcing compliance. Where a child's eating presents a safeguarding, medical or significant nutritional concern, the appropriate parent/carer and school procedures will be followed.

17. Safe Eating and Choking Prevention

Children will be supervised appropriately while eating. Staff will consider the child's age, developmental stage, food texture and size, known medical conditions, individual choking risks, appropriate seating and safe eating behaviour.

Reception-age children will receive particular consideration in accordance with applicable Early Years requirements.

18. Healthy Eating Education

Healthy eating will be promoted through everyday practice rather than through formal teaching alone.

Children may be encouraged to learn about different food groups, where food comes from, seasonal produce, trying new foods, balanced meals, hydration, oral health, food preparation, cooking, sustainability and food waste.

Where practical, food-related activities may be incorporated into craft, cooking and holiday activities.

19. Sustainability and Food Waste

Where reasonably practicable, Roby Rainbows Clubs will reduce unnecessary food waste; use seasonal produce where possible; avoid unnecessary single-use packaging; encourage recycling; store food appropriately to reduce spoilage; plan quantities according to attendance; and consider sustainable and locally sourced products where practical and affordable.

20. Partnership With Parents and Roby Park Primary School

Roby Rainbows Clubs will work collaboratively with Roby Park Primary School to ensure that food provision complements the school's approach to children's health and wellbeing.

Parents/carers will be informed about the types of food normally provided, allergen arrangements, dietary requirements, changes to food provision where relevant, and any concerns regarding a child's dietary needs.

Parents/carers should inform Roby Rainbows Clubs immediately of any changes to their child's allergies, medical conditions or dietary requirements.

21. Staff Responsibilities

All staff have a responsibility to promote healthy eating and safe food practices.

Staff involved in food provision must follow this policy; follow food hygiene procedures; complete required training; follow allergen procedures; check food labels; prevent cross-contamination; maintain appropriate personal hygiene; report food safety concerns immediately; follow individual dietary requirements; and never knowingly serve a food that could cause a child's known allergic reaction.

The Club Manager/Designated Food Lead will be responsible for ensuring that the policy is implemented and reviewed.

22. Monitoring and Review

Roby Rainbows Clubs will monitor its food provision through regular review of menus; ingredient and allergen checks; food hygiene checks; staff training records; parent/carer feedback; children's feedback where appropriate; review of food waste; review of dietary requirements; monitoring changes to government legislation; and liaison with Roby Park Primary School and relevant local authority services.

The policy will be formally reviewed at least annually and sooner where there are significant changes to legislation or official guidance.

23. Keeping Up With New Government Legislation

Roby Rainbows Clubs recognises that government food standards are currently changing.

The Government published its 2026 response to the consultation on updating School Food Standards on 14 September 2026. The Government has stated that updated standards are intended to come into force from September 2027, subject to the legislative process.

Roby Rainbows Clubs will monitor government updates and Knowsley Council guidance; review menus when new legislation comes into force; update this policy where necessary; implement new mandatory requirements within the required timescale; and ensure staff are informed of significant changes.

The most current applicable legislation and statutory guidance will take precedence over this policy where there is any conflict.

24. Related Policies and Procedures

This policy should be read alongside Roby Rainbows Clubs' Food Hygiene Policy; Food Allergies/Allergy Safety Policy; Safeguarding and Child Protection Policy; First Aid Policy; Medication Policy; Health and Safety Policy; SEND Policy; Behaviour Policy; Equality, Diversity and Inclusion Policy; Infection Control/Cleaning Procedures; Risk Assessments; and Individual Healthcare Plans where applicable.

25. Policy Approval

Organisation: Roby Rainbows Clubs

Setting: Roby Park Primary School

Policy: Healthy Eating & Nutrition Policy

Date implemented: September 2026

Policy owner: _____

Approved by: _____

Signature: _____

Date: _____

Next review: September 2027

Key Sources

This policy is drafted against the current position as of September 2026, including Department for Education School Food Standards guidance, the 2026 School Food Standards update, allergy guidance, breakfast-club guidance and Knowsley Council healthy eating and food-business information.

Note: As a wraparound provider rather than the school itself, Roby Rainbows Clubs should cross-reference this policy with Roby Park Primary School's current allergy, medical conditions, safeguarding and food policies. The school's procedures should be followed where they impose a higher safety standard.