



YOUNG PEOPLE MATTER CHARITY'S
Health Food Policy

Dated: June 2016

**The Policy will be reviewed every three years
or in line with changes in government
legislation and updated guidance**

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Charity No: 1134959 | Company No: 6418296

Young People Matter encourage children to be involved in the designing of After school Club snack menus by using their feedback and suggestions.

Food Items

Healthy drinks including water, semi-skimmed milk and pure fruit juice will be on offer. Fizzy drinks will not be supplied to children as the acidity can cause dental erosion; they are low in nutritional value and often contain added sugar, preservatives, artificial sweeteners or colours.

Foods such as crisps, biscuits, chocolate and sweets are common snacks that are high in fat, sugar or salt. Young People Matter will not supply these foods to children, with the exception only for occasional celebrations, such as birthdays, parties or end of holiday camps.

To achieve healthy eating Young People Matter includes a wide variety of fruit, vegetable, bread, pasta and rice choices. Young People Matter use spreads sparingly, select reduced fat/salt/sugar products and choose varieties which are good sources of dietary fiber, calcium, iron where appropriate.

Specific Dietary Needs

Where a child has specific dietary needs, whether through

- Allergies,
- Medical conditions,
- Anxieties
- Religious beliefs,

Parents/careers should provide comprehensive information when they register their child. Parents may advise on alternative choices for their children and Young People Matter must ensure that the children's needs are met

Breakfast Club/ After School Club/ Holiday Play scheme

Breakfast Clubs are offered within our Primary School settings from 8am, staff provide healthy items, such as cereals (low salt and low sugar), milk, pure fruit juice, water, Health low fat hot chocolate and toast.

After School Clubs are open from 3.30pm to 6pm (this can vary depending on the school setting). All children who attend sit down for a healthy snack and wherever possible are involved in the preparation and serving of these snacks.

Holiday Play schemes operate from 8am to 6pm and Young People Matter offers breakfast for children arriving at 8am, whilst healthy snacks and fresh drinking water are offered throughout the day to all the children. Parents/carers are responsible for providing children with a packed lunch and Young People Matter encourages parents/carers to supply children with a healthy lunch box.

Beyond this Policy

Young People Matter Parents' Handbook provides information

about what is offered to children whilst they any of our provisions and advises that healthy packed lunches should be provided during the Holiday Play schemes.

For more information on healthy eating you can contact:

Young People Matter

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info@youngpeplematter.org

Food Standards Agency -

www.food.gov.uk www.eatwell.gov.uk/

List of Foods

Breads/ Sandwich Fillings

White, whole meal, pitta, raisin, fruit breads, muffins, tea cakes, bagels rolls, crumpets, wraps.

Salad, fruit and fresh/dried combinations (e.g. banana and date), lean meats (chicken with no skin), creamed corn/corn kernels, egg (hard boiled, mashed, sliced), canned spaghetti (reduced salt), hummus, baked beans (reduced salt), cheese (reduced fat).

Drinks

Water, milk or calcium enriched soy drink (plain, flavored or fresh fruit milk shakes with no added sugar), 100% pure fruit juices.

Hot/ Cold

Hot toasted sandwiches with one or more of the sandwich fillings above, baked potatoes (cooked in skins, split and filled with one or more of the sandwich fillings above), (meat, chicken, fish, lentil, vegetable) with liberal salad, pizza using low fat/salt toppings and with liberal vegetables, toast (bread, muffins, crumpets or raisin bread, thinly spread), pasta (reduced fat/salt toppings), wraps (fillings as for sandwich fillings) with liberal salad.

Fresh fruit in season, fruit salad (fresh or pre-cut and unsweetened), canned fruits in natural juice, chunky vegetable pieces with dips (which are low in fat and salt) , yoghurt, toasted bread spreads(which are low in fat and salt) , plain or fruit scones, fruit breads, low fat fruit muffins, cheese (reduced fat), popcorn (low fat plain), rice cakes, bread sticks, wheat biscuits or water crackers. All garden vegetables, bean mix, rice, potato, coleslaw and pasta. Any dressings should be low fat/salt. Salads may include lean meats, reduced fat cheese and egg.