

Healthy Eating Policy

As a Health and Active Promoting programme, Boom Active is committed to encouraging and developing positive attitudes towards food and a healthy diet. To support children, promoting a healthy life style is vital we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

As a company that work closely with young children we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

Children will be encouraged to develop good eating skills and table manners at lunch/snack time and will be given plenty of time to eat. This will be achieved by, demonstrating good foods in our own lunch/snack boxes, letting children to talk about their food, sitting freely with their friends, encouraging older Boom buddies to help younger children with their lunch.

1. Aims and Objectives

1. To improve the health of Children, staff and the whole Boom Active community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
2. To ensure children are well nourished at our programmes and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the day.
3. To ensure that food provision brought in acknowledges the ethical and medical requirements of staff and children e.g. religious, vegetarian, medical and allergenic needs.
4. To introduce and promote practices within our programmes to reinforce these aims and to remove or discourage practices that negate them.
5. We regard healthy eating education company issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout our programmes.
6. All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the venues we use for additional access to drinking water.

7. Lunch boxes should offer balanced nutrition. We encourage parents to offer a variety of healthy foods in accordance with the Lunchbox Guidance which recommends a balanced selection of foods which should be available to the children in their lunch box.

8. The contents of a child's lunchbox will be monitored by a Senior member of our team. Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation. The "treat" should still be relatively healthy and not excessive e.g. a couple of biscuits, a muffin, a scone or a piece of malt loaf. Crisps and chocolate bars continue to be discouraged.

9. Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks as part of lunch boxes. Chewing gum and fizzy drinks are not permitted and Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.

10. We are aware of the possibility of food allergies within the Boom Active population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided when going through the registration steps. This information is available in to the coaches and staff during the programmes. Whilst in our care children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. Boom Active cannot guarantee that all parents will comply with the request and for that reason Boom Active does not purport to be a "nut free programme". Further advice from allergies web-sites suggest that it is in the interest of children longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.

11. Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later in the day.

We:

Respect the children as valued customers

Give the children time and space to eat in a calm and attractive environment

Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle

Encourage the children to find out more about achieving a healthy balance

Encourage the children to try new foods and flavors in a supportive environment

Listen to and accept constructive feedback and respond accordingly

The role of Parents

Boom Active is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children who attend our programmes through mutual understanding, trust and co-operation. In promoting this objective, we will always inform, encourage and support parents about the best practice to achieve a healthy lifestyle and healthy eating balanced diet.