



Just Play Sports - Food and Drink Policy

1. Policy Statement

Just Play Sports is committed to ensuring the health, safety, and wellbeing of all children attending our after-school sports sessions and holiday clubs. We do **not** routinely provide food or drink, except for children attending through the **Holiday Activities and Food (HAF) Programme**, where meals are purchased solely from a **HAF-approved provider**.

This policy meets Ofsted expectations for welfare, supervision, and promoting healthy lifestyles within out-of-school settings.

2. Aims

We aim to:

- Promote safe and hygienic eating routines.
- Reduce the risk of choking and food contamination.
- Ensure children stay hydrated during physical activity.
- Meet HAF requirements for meals provided to eligible children.
- Ensure staff know exactly what to supervise and monitor during all eating times.

3. Food Provision

3.1 Regular Sessions

- The club does **not** provide food or snacks during regular after-school or holiday club sessions.
- Children must bring their own labelled snacks or meals from home.
- We are a **nut-free setting**, and children must not share food.
- Staff do not heat, refrigerate, or prepare food brought from home.

3.2 HAF Programme

- Only children enrolled in the **HAF Programme** receive meals on site.

- Meals are purchased **directly from a HAF-approved supplier** and served as provided.
- The club keeps documentation showing that the supplier is HAF-approved.

4. Drinks & Hydration

- Children must bring a **filled water bottle** daily.
- Drinking water is available for refilling bottles.
- Staff remind children to drink regularly, particularly during physical activity or warm weather.
- Sugary drinks or energy drinks from home are not permitted.

5. Eating Environment & Staff Responsibilities

This is your expanded section with detailed expectations for staff.

5.1 General Principles

During any period where children are eating or drinking, staff must ensure the environment is **calm, seated, supervised, and safe**. Staff should remain focused solely on supervision and interaction during these periods.

5.2 Staff Responsibilities During Eating

Staff must:

5.2.1 Before Eating

- Ensure all children **wash or sanitise their hands**.
- Check that all children have their **own food**, clearly labelled where required.
- Ensure the eating area is clean, safe, and free from trip hazards.
- Make sure children sit in a designated area away from active play zones.

5.2.2 While Children Are Eating

Staff must actively ensure that all children:

1. **Are seated**—no standing, running, or walking while eating.
2. **Keep food and drinks to themselves** (no sharing due to allergy risks).

3. **Stay calm and quiet**—no shouting, rough play, or physical movement.
4. **Dispose of rubbish** appropriately when finished (staff assist younger children).

Staff should also:

- Maintain **constant visual supervision** of all children eating.
- Interact positively to model healthy attitudes towards food.
- Monitor for signs of choking or difficulty swallowing.
- Support children who need help opening packets or accessing their food.

5.2.3 Managing Choking Risks

Staff must ensure:

- No running, physical activity, or rough play occurs until **all** children have finished eating.
- Younger or less able children are seated closest to staff.
- Children do not bring foods that present high choking risks (in line with parent guidance).
- Any choking incident is responded to immediately and recorded as per incident procedures.

5.3 After Eating

Staff must:

- Ensure children tidy up after themselves.
- Dispose of waste safely and hygienically.
- Make sure hands are washed or sanitised again if needed.
- Check the area for any dropped food to avoid slipping hazards.
- Only allow a return to physical activity once all children are safely finished and the area is clear.

6. Allergy & Dietary Needs

- This policy operates alongside our **Allergy and Medical Conditions Policy**.
- No child is allowed to share food.
- Staff double-check meals for HAF children against allergy/dietary information.

- Parents must notify the club of any new requirements in writing.

7. Cultural, Religious & Dietary Needs

- HAF meals can be adapted via the supplier to meet dietary, cultural, or religious needs.
- Parents must provide details upon registration.

8. Food and Physical Activity

- Children must not eat immediately before vigorous activity.
- Hydration breaks are scheduled and supervised.
- Staff monitor children for signs of overheating or dehydration.

9. Record Keeping

We maintain records of:

- HAF supplier details
- Dietary & allergy information
- Food-related incidents (e.g., choking, illness)

10. Communication With Parents

Parents receive:

- Guidance on what food children may bring
- Nut-free requirements
- HAF meal information where relevant
- Updates if policies change

11. Monitoring and Review

This policy is reviewed annually or sooner if:

- Ofsted requirements change
- HAF guidelines change

- Any food-related incident occurs

12. Recommendations to Parents on What to Send

To help us maintain a safe, healthy, and practical eating environment, we ask parents to follow the guidance below when providing food for their child:

12.1 General Guidance

- All food must be clearly labelled with the child's name.
- Food should be easy for your child to manage independently (e.g., packets that can be opened easily, no items requiring cutting or heating).
- Please pack food in a clean, secure container that your child can open and close without help.
- As a *nut-free setting*, no products containing nuts or nut traces are allowed.

12.2 Healthy Food Suggestions

Parents are encouraged to provide foods that support sustained energy and healthy habits during physical activity, such as:

- **Fruit or vegetables** (e.g., apple slices, grapes cut lengthways, carrot sticks, cucumber).
- **Sandwiches or wraps** with simple fillings.
- **Yoghurts** (preferably low sugar and easy to open).
- **Crackers, breadsticks, or rice cakes.**
- **Cheese portions** (e.g., cubes, slices, or cheese strings).

12.3 Foods to Avoid

To reduce choking risks, limit mess, and maintain a safe environment, please avoid sending:

- Whole grapes (must be cut lengthways).
- Hard sweets, popcorn, nuts, or seeds.
- Foods requiring heating or refrigeration.
- Sugary snacks (e.g., large chocolate bars, sweets).
- Fizzy drinks, energy drinks, or sports drinks.

12.4 Portion Size

Please provide a sensible portion suitable for your child's needs during the session. Children do not need large meals before physical activity.

12.5 Allergies and Special Requirements

- Parents must ensure all provided food is safe for their child if they have allergies or dietary needs.
- Any changes to dietary requirements must be provided in writing.
- Food must not be shared under any circumstances.

12.6 Practical Tips for Parents

- Use reusable containers where possible to reduce waste.
- Include cutlery if needed (e.g., for pasta salads).
- If your child struggles to open packaging, consider pre-opening or using easy-open alternatives.
- Talk to your child about the importance of sitting still while eating.

Name: Jack Dillon

Signed: ~~Jack Dillon~~

Date: 19th August 2026

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