



MUNCHKIN SPORTS FOOD POLICY

AFTER SCHOOL CLUBS, WRAPAROUND CARE & HOLIDAY CAMPS

Purpose

This policy explains how Munchkin Sports provides safe, healthy and appropriate food and drink during all ASC, Wraparound and Holiday Camp sessions. It supports our duty to safeguard children under **KCSIE 2026, School Food Standards, Allergy Safety in Schools guidance**, and **EYFS welfare requirements** (where applicable).

Healthy Snacks Provided

We offer light, healthy snacks such as fruit, vegetables, crackers, wraps, yoghurt, cheese or similar options at our afterschool wraparound sessions. We do **not** provide sugary drinks, sweets, crisps or deep-fried foods. Fresh drinking water is available at all times.

Packed Snacks from Home

Parents may send their own snack. All snacks must be **nut-free** and considerate of allergies within the group.

Allergy & Medical Needs

We operate a **strict no-nut policy** and follow statutory allergy guidance. Staff are all allergy aware and receive annual allergy and anaphylaxis training.

- Check ingredients of all food provided
- Prevent food sharing
- Ensure safe alternatives for children with allergies
- Keep emergency medication accessible at all times

Food Safety & Supervision

Children sit down to eat and are fully supervised. Staff support younger children and minimise choking risks. Food is never used as a reward or consequence. All staff receive annual safer eating training.

Cultural & Dietary Inclusion

We respect all cultural, religious and ethical dietary needs and will provide suitable alternatives wherever possible.

Safeguarding (KCSIE 2026)

Food provision is part of our safeguarding duty. Staff remain alert to:

- Allergy risks
- Food insecurity
- Eating difficulties or distress
- Signs of neglect



- If we have concerns about allergies, food insecurity or wellbeing, we will speak with you or the school's Designated Safeguarding Lead.

Birthday Cakes, Sweets & Celebration Treats

We understand birthdays are important, but safety must come first. To ensure all children remain safe:

- Parents must inform us in advance if they plan to bring cakes or sweets.
- We operate a strict no-nut policy and may decline items that pose allergy risks.
- We do not distribute cakes or sweets during the session.
- All items will be handed directly to the parent/carer at dismissal, so families can make their own informed decision.
- Children will not consume celebration food on site.
- No food sharing is permitted.
- Staff will acknowledge birthdays positively (e.g. a song, a cheer or sticker) without using food.

Communication with Parents

We will share snack information, allergy restrictions and any food-related concerns promptly. If parents/carers have any questions about food, snacks or allergies, they are free to talk to us.

10. Review

This policy is reviewed annually or sooner if guidance changes or a food-related incident occurs.

This policy was last reviewed on: 01 September 2026

Signed:

Name: Katie Lewty

Position: Operations Director, Munchkin Sports Ltd