



THE PLAY
PROFESSIONALS
COMMUNITY PLAY CARE

FOOD POLICY FOR AFTER SCHOOL & BREAKFAST CLUBS

Aims:

This policy ensures that all food provided in our After-School Clubs (ASC) and Breakfast Clubs (BC) and complies with UK School Food Standards, National Health Service (NHS) guidance, World Health Organisation (WHO) recommendations, and Early Years Foundation Stage (EYFS) requirements. Our aim is to promote healthy eating habits and provide balanced, nutritious options for children.

Guiding Principles

- Follow the **Eatwell Guide** and UK School Food Standards. <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
- Provide a variety of foods from the main food groups: starchy foods, fruits and vegetables, dairy, and protein.
- Minimise high-sugar, high-fat, and highly processed foods.
- Ensure water and milk (with alternatives to dairy available) are the main drinks offered.
- Consider allergies and dietary requirements in all food preparation.

After-School Club Menu Standards

Approved Options:

- Fresh fruit and vegetable platters (carrots, cucumbers, peppers, tomatoes, melon, oranges, apples, pineapple, avocado)
- Wholegrain bakery items (wraps, wholemeal bread, crackers, rice cakes, bagels)
- Dairy and protein (cheese slices, cream cheese, boiled eggs)
- Higher-meat deli slices with fewer preservatives
- Tinned tuna as an alternative protein

Avoid:

- Highly processed meats with low meat content
- Sweet baked beans, sugary jams, chocolate pastries
- Undiluted fruit juices and sweetened drinks

Drinks:

- Water only

Implementation Checklist

- Weekly menu planning aligned with UK standards
- Allergy checks and safer eating protocols
- Staff training in food safety and allergy awareness

- Encourage children to make healthy choices

References

- NHS Healthy Eating for Children

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/schools/>

- WHO Nutrition Guidelines

<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

The UK Government is rolling out free, healthy breakfast clubs in all state-funded primary schools by September 2026, following successful pilots, to tackle child poverty and improve readiness to learn, with funding for a national expansion from April 2026, supporting nutritious options like porridge, eggs, and fruit to ensure children start the day ready for education. This expands on the previous National School Breakfast Programme (NSBP) for disadvantaged areas, aiming to provide a supportive, healthy start for all pupils, boosting attendance, behaviour, and attainment.

Breakfast Club Managers should aim to promote healthy breakfasts as wholesome, nutrient-rich meals featuring whole grains, fresh fruits/veg, and protein, moving away from sugary cereals, with ideas like porridge with fruit, avocado on wholemeal toast, veggie-packed omelettes/muffins, and fruit/yogurt smoothies, emphasising quick, make-ahead options like overnight oats or breakfast pots to fuel children without processed sugars, all about quality ingredients to build energy and focus

Key Principles for Healthy Breakfasts:

- Whole Foods: Prioritise whole grains (oats, wholemeal bread), fresh fruits, vegetables, and lean proteins.
- Low Sugar & Fat: Avoid processed sugary cereals, pastries, and excessive salt, focusing on natural sweetness from fruit.
- Protein Power: Eggs, yogurt, and seeds provide sustained energy.
- Vitamins & Fibre: Incorporate fruits and veggies to boost nutrients and keep kids full.
- Make-Ahead Options: Prepare things like overnight oats, breakfast muffins, or fruit pots the night before for busy mornings.

Breakfast Club Menu Standards

Approved Options:

- Low-sugar cereals (e.g., Weetabix, Shredded Wheat, Rice Pops)
- Plain yoghurt with fresh fruit toppings
- Porridge
- Wholemeal toast with butter (with alternatives to dairy available) or low-sugar jam (prefer fruit-based jams)
- Fresh fruit selection

Avoid:

- Sugary cereals, chocolate and pastries, undiluted fruit juices
- Highly processed breakfast bars

Some Ideas:

- Porridge: Classic with berries, banana, or spices like cinnamon.
- Avocado Toast: On rye or wholemeal bread, with toppings like tomato, seeds, or egg.
- Smoothies: Blended fruit, coconut milk, oats, and chia seeds for a vibrant boost.
- Egg-Based Dishes: Scrambled eggs, omelettes (with hidden veg!), or egg muffins.
- Breakfast Wraps/Pots: Use wholemeal tortillas with yogurt, fruit, or eggs for on-the-go convenience.
- By focusing on fresh, minimally processed ingredients and smart prep, this approach ensures children get a nutritious start to their day, building good eating habits for life.