

Food and Drink Policy

Purpose of this policy

Super Star Sport aim to provide nutritious food which meets children's individual dietary needs where possible.

For lunchtimes children will either be required to bring their own packed lunch or will be provided a hot nutritious meal provided by a reputable provider.

Packed Lunch

All Super Star Sport camps run a strict No Nut & Sesame policy due to the high prevalence and severity of allergies relating to these food products

Staff members check all lunches before children can start eating as well as the children being encouraged to check their own lunches as well

Any child with a severe allergy is required to always keep an EpiPen on site. Any child who hasn't brought their EpiPen to camp will be denied entry.

Staff will feedback to parents if their child is refusing to eat their lunch or the parents provide either too little/too much food/unhealthy foods using parent communication forms.

For camps where packed lunch are required a morning snack, main lunch and afternoon snack are required as well as a water bottle.

Drink Policy

All children are asked to bring a bottle that is refillable with water fountains available around the site as well as drinking water available in each base room.

Super Star Sport have pledged to be a water only site which means that we encourage everyone to drink lots of water during sessions and water will be provided over lunchtime and snacks.

Food Procedure

Super Star Sport is committed to ensuring that safe and healthy practises around the storage, preparation and service of food are followed at all times. Staff involved in food handling and preparation have to meet high standards of personal hygiene. Any member of staff showing signs of infection or ill health will not be permitted to handle food.

Super Star Sport follows the guidelines set out in 'Safer Food, Better Business' (FSA) and is registered as a food business with our local authority. We are regularly inspected by Environmental Health to ensure that health and hygiene standards are being met.

All staff involved in food handling have received food handling and hygiene training. When preparing food, staff follow the requirements of current food hygiene legislation, including:

- ✦ Always washing hands with anti-bacterial soap and hot water before and after handling food and using the toilet
- ✦ Using clean, disposable cloths
- ✦ Using the correct colour coded chopping boards (e.g. red for raw meat)
- ✦ Not being involved in food preparation if they are unwell
- ✦ Making sure all fruit and vegetables are washed before being served
- ✦ Removing jewellery, especially rings, watches and bracelets, before preparing food
- ✦ Covering spots or sores on the hands and arms with a waterproof dressing
- ✦ Keeping fingernails short, clean, and free from varnish.

Food storage

All foods are stored according to safe food handling practices and at a correct temperature, to prevent the growth of food poisoning organisms and to ensure that food quality is maintained.

Fridge temperatures are checked and recorded on a daily basis as part of our daily environment checks. If there are temperature fluctuations that are not explained by simple user error that fridge will not be used.

Cleaning

- ✦ The fridge is cleaned thoroughly, with warm, soapy water, on a weekly basis.
- ✦ Food is checked for freshness – anything past the use by date will be disposed of.
- ✦ Freezers are defrosted and cleaned once a month.
- ✦ All food preparation surfaces are wiped clean after use with anti-bacterial cleaner and disposable cloths.
- ✦ All chopping boards are cleaned after use with warm soapy water, anti-bacterial cleaner and then thoroughly rinsed.

- ✦ Appropriate controls are implemented to reduce the risk of cross contamination.

In order to maintain the highest possible food preparation standards all staff handling and preparing food ensure:

- ✦ Any fruit or veg is washed prior to serving
- ✦ Gloves and aprons will be used for food preparation
- ✦ All staff are trained appropriately in respect to Food & Personal hygiene for the role they undertake at the camp. Any staff directly involved in food handling hold a Food Hygiene Certificate.
- ✦ We will notify the relevant local authority if there is any evidence of food contamination or a cross contamination risk as soon as is reasonably practicable.
- ✦ Staff members on site are trained in the delivery of adrenaline auto injectors and are trained in how to identify sign and symptoms of anaphylaxis and are aware of the 14 allergens
- ✦ Any food repackaged will include allergen labelling and all food will be used within the timeframe allowed

Policy Responsibility and Review

We are committed to reviewing our policy and good practice annually.

This policy was adopted by Super Star Sport	Date: 12/04/2023
To be reviewed: 12/04/2024	Signed: 