

# Food

As a provision, we adhere to the School Food Standards (2015), ensuring that the food we provide is healthy and balanced, providing children with a wide range of different nutrients. We also speak to the children regularly about healthy eating habits and encourage the children to make good choices through the use of stickers and charts.

## Breakfast Club

Children have the choice of a number of different breakfast items, including but not limited to toast, bagels, fruit, yogurt, porridge and cereal.

All the cereals we offer contain less than 15g of sugar per 100g and the bagels are made from a special formula of white and wholemeal flour so as to be low in sugar and salt but high in fibre.

Cereal	Sugar in 30g	Sugar in 40g
Wheat biscuits	1.3g (0.3 sugar cube)	1.76g (<0.5 sugar cube)
Cornflakes	2.1g (0.5 sugar cube)	2.8g (0.75 sugar cube)
Rice Snaps	2.6g (0.75 sugar cube)	3.5g (<1 sugar cube)
Cheerios (UK)	6.3g (1.5 sugar cube)	8.4g (2 sugar cubes)
Coco Pops	11g (3 sugar cubes)	14g (3.5 sugar cubes)
Frosties	11.1g (3 sugar cubes)	14.8g (3.5 sugar cubes)

Table comparing the cereals we serve (in green) with other popular cereals



## After School Club

Children are given a wide range of healthy food, including sandwiches and wraps, rice cakes, 'thins', yogurt and fruit. We also have a salad bar every day.



All food for the provision is prepared by either Cynthia Mawson or Hayley Gregory, both of whom have a Level 2 Award in Food Safety in Catering

