

Purpose

The aim of this policy is to promote and encourage healthy eating habits among children attending our holiday camps. We believe that good nutrition supports not only a child's physical health, but also their energy levels, focus, and overall wellbeing during the day. Healthy eating should be considered at all times, not just during term time and we encourage healthy eating at our camps.

Our Commitment

At Venture Camps, we are committed to:

- Promoting a balanced and nutritious diet
- Encouraging healthy attitudes toward food
- Creating an inclusive environment that supports all dietary needs and restrictions
- Supporting parents/carers in providing appropriate packed lunches and snacks

Guidelines for Families

What to Pack in a Lunchbox

We encourage parents to provide:

- A healthy sandwich or wrap (wholegrain where possible)
- A portion of fruit or vegetables
- A healthy snack, such as rice cakes, yogurt, or plain popcorn
- A refillable water bottle (we encourage water over sugary drinks)

Please Avoid Bringing:

- Fizzy drinks or energy drinks
- Chocolate bars and sweets
- Products containing nuts (due to allergies—see Allergy Policy)
- Crisps or processed snack foods in large quantities

Our Approach During Camp

- We provide regular hydration breaks and encourage children to drink water throughout the day
- Children are given ample time to enjoy their lunch and snacks in a relaxed environment
- Coaches and team leaders model healthy choices and reinforce positive messages around food
- We discuss healthy eating as part of activities when appropriate

Special Dietary Requirements

We recognise and accommodate children with:

- Food allergies or intolerances
- Religious or cultural dietary restrictions
- Vegetarian or vegan diets

Please inform us of any specific dietary needs prior to your child attending camp.

Partnership with Parents

We believe in working together with families to encourage healthy habits. If a lunch consistently contains unsuitable items, we may gently provide feedback or suggestions to help improve nutritional balance, always in a supportive and respectful way.

Review and Monitoring

This policy is reviewed annually or as needed, based on feedback, changes in guidance, or developments in best practice.

If you have any questions about this policy or would like support in planning healthy lunches, please contact us.