



Policy Ref: HEPOL
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Date: April 2023
Review Date: April 2025

HEALTHY EATING/PACKED LUNCHES AT DRAYCOTT SPORTS CAMP

Draycott Sports Camp strives to:

- Eliminate unhealthy snacks (such as chocolate or sweets)
- Eliminate fizzy drinks
- Reduce our added sugar and processed food intake
- Keep children well hydrated throughout the day
- Encourage the children to eat fresh fruit and vegetables
- Maintain a NUT FREE environment

At Draycott Sports Camp:

The only drinks recommended during camp are water and milk.

We strictly do not permit the following: fizzy drinks, sports/energy drinks, chocolate, sweets or cakes.

Lunch Time:

- Children can bring their own healthy packed lunch to camp. They are also encouraged to bring a mid-morning snack, which consists of a fresh piece of fruit or vegetable.
- We have hot food and packed lunches available for our HAF children. Hot food / packed lunch menu's are sent out to parents/carers and need to be ordered in advance where possible.

