

January  
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# Coventry Wraparound Programme Newsletter

Welcome to the first Wraparound Programme Newsletter for 2026. We hope you had a good break and are now settling back into your wraparound routines.

In the Winter 2025 newsletter we focused on business sustainability, in this newsletter, we move on to meals and snacks - an important part of daily sessions.

Good nutrition is vital to ensuring that young children get the right amount of energy and nutrients while they are growing rapidly, and to ensure that they don't consume too much food which may lead to them becoming overweight or obese. Like all providers of food and snacks in early years settings and schools, wraparound providers can support the establishment of good eating habits which will go on to have a positive impact on lifelong health.

## School food standards

These standards apply throughout the school day and include before and after school provision – and as appropriate – holiday clubs. Mindful that wraparound is not always delivered by schools, it is important to recognise that although not mandatory for all out-of-school settings, aligning with the standards demonstrates good practice and supports compliance with Ofsted expectations.

- By law, all food handlers must understand the principles of food hygiene and know how to work safely

to protect the food they serve from contamination. The Department for Education has published [food safety information](#).

- Because providers / schools are likely to have reception aged children attending wraparound, they must comply with the [EYFS](#), which requires 'All staff involved in preparing and handling food must receive training in food hygiene'.



- Safeguarding reforms that came into force from September 2025 stipulate statutory requirements that food handlers must take into consideration when serving meals. It is important that food handlers are aware of the statutory requirements which specifically refer to allergies and intolerances. Information is available [online here](#).
- Create positive mealtimes: Don't force children to eat but encourage them to try new things. Seeing their peers eating food they haven't eaten before, can sometimes tempt children to try new things.
- As children tend to arrive at different times for breakfast and can leave at different times at the end of the day, set a time during which the meals are available. Knowing that meals are only available during set times, avoids having to 'rush' children into finishing because it is time to go to school / home. It also gives you a chance to clear up!

## How to deliver successful meals and snacks

- Consider the mealtime environment. Are meals / snacks served in a space that is comfortable, inclusive and free from unnecessary distractions? Are children encouraged to self-serve and tidy up? In the right environment, children will feel secure, positive eating habits will be encouraged and social development will be supported. Although the [resource promoted here](#) is for early years groups, there are many elements – including a checklist – which wraparound providers may find useful.
- Staying well hydrated is essential for children's concentration, physical health and overall wellbeing. It is important that children have access to drinks during wraparound sessions. Water is the best choice as it hydrates without adding calories or harming teeth. Milk is another good choice as it is a good source of protein, calcium, iodine and B



vitamins – but be aware that some children cannot/do not consume dairy, so unsweetened, calcium-fortified dairy alternatives should be made available. For more information about appropriate drinks is available [here](#).

- A varied menu at breakfast and teatime that takes into consideration and caters for all dietary needs is recommended. A resource which you could refer to for Breakfast meal ideas: [The breakfast club guide – Handy tips and tricks for a breakfast offer that is nourishing and healthy.](#)

## Top tips

- If you can, give children the opportunity to help plan menus and even prepare the food that is served. By being involved in food preparation, even the most discerning eaters can be encouraged to try something new.

- Share the menu with parents and communicate about healthy choices and dietary needs. It is always good practice to inform parents about all aspects of the wraparound care and particularly meals because it gives parents the opportunity to discuss the meals / food with their children.
- To support sustainability, set a realistic food budget. Food costs are rising - by planning menus and shopping for meals in advance, it is possible to keep costs down, save time and reduce food waste.
- For more information on a healthy, balanced diet, the NHS has produced the [Eatwell Guide](#).





**Early Years Alliance and the Coventry Business Sufficiency and Funding team are available to support providers if you have any questions or comments.**

**Contact details for the Early Years Alliance team:**

Gary Croxon: [gary.croxon@eyalliance.org.uk](mailto:gary.croxon@eyalliance.org.uk)

Tracey Hobbs: [tracey.hobbs@eyalliance.org.uk](mailto:tracey.hobbs@eyalliance.org.uk)

Helen Middleton: [helen.middleton@eyalliance.org.uk](mailto:helen.middleton@eyalliance.org.uk)

**Contact details for the Coventry Early Years Business Sufficiency and Funding team**

[EYproviderfunding@coventry.gov.uk](mailto:EYproviderfunding@coventry.gov.uk)

Or you can contact your allocated Early Years Business, Sufficiency and Funding Advisor directly. We hope you have a great couple of months. Look out for the next newsletter in March!

**Useful links**

- For information on Tax – free childcare and universal credit: Use the [childcare costs calculator](#) and [Best Start in Life](#) for support
- [Coventry business support resources](#)
- Frequently asked questions: [Coventry wraparound project – Frequently Asked Questions for families](#)
- [Previous newsletters](#)
- [Early Years Alliance Business Blocks](#)