



Information for this document which has been taken from:

Setting The Table (Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland 2014) Published by NHS Health Scotland

“This guidance celebrates the contribution that childcare providers can have in shaping the future eating patterns of young children in Scotland. Implementing this guidance will:

- *champion the importance of a well-balanced diet and positive choices both with children and their parents*
- *assist providers to work with families who face the biggest challenges in providing a healthy diet for their children*
- *highlight the importance of food as a tool for social development and learning”*

All food is prepared by staff who have training in Food Hygiene. All Local Authority guidelines are followed in Food Preparation.

Meal times

Meal and snack times are timetabled throughout the day to provide structure and routine. Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat. Staff will sit with the children while they eat and will promote a good model for healthy eating.

Milk or water will be served with morning, lunch and afternoon snack. Parents are encouraged to provide a water cup for each child to allow them to access water throughout the day whenever the child chooses. Good food hygiene practices are observed when food is prepared and served. This includes children and staff washing hands before meals.

We encourage parents and children to provide us with any feedback that they may have on the menus, food and nutrition policy or our practices specifically relating to snack and meal times.

Nutritional guidance is followed at all times.

Diet

Parents are asked to inform the nursery staff if their child has any allergies, restrictions or specific dietary requirements through the dietary request form.

Our weekly snacks and lunch menu will be on display in advance and will provide children with a varied and healthy diet.

These menus are planned by staff who have knowledge on nutritional guidance for children.

We have a variety of fruits /or vegetables served at each meal.

Children are always encouraged to experiment and try the food on offer and do not have to finish everything on their plate. Second helpings of fruit or milk based desserts will be offered if available.

Poileasaidh Biadh agus Beathachadh

Food and Nutrition Policy

November 2020



If a child does not like the food they will be offered an acceptable alternative, e.g. a plain cracker, cheese, fruit, or cereal.

For the occasional very special celebration (such as on party day) children may receive chocolate or sweets. If you would prefer your child did not receive these please let us know.

Children are encouraged to eat a reasonable sized meal. Quantities reflect the age, individual preference and variation in appetites of the children.

Regular informal contact with parents will let them know how their child has been eating and make them aware of any issues.

Withholding food will never be used in any form.

We participate in the Child-smile initiative which encourages all children 3-5s years to brush their teeth and promotes good dental hygiene.

The children are given the opportunity to serve themselves developing both social skills and fine motor skills in this process (e.g pouring the milk from a small jug, spreading butter onto bread).

Allergies

If you are aware that your child has an allergy to a foodstuff or a product please do not hesitate to tell us no matter how minor or severe the allergy is.

A list of children with allergies is kept in each department. There are trained first aiders in each department should such help be required.

As some children have known allergies we kindly request that parents do not bring in food from home unless this has been agreed by the management of the nursery. Any products which are taken in to share with the children (such as a birthday cake) must be shop bought, in the original packaging which clearly states the list of ingredients.

Compiled November 2020

To be reviewed annually

Signed: K.Laird

Dated: 19.11.20

Signed: _____

Dated: _____

Signed: _____

Dated: _____

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