

# **Hanover Street School** **(Nursery)**



## **Healthy Eating** **and Snack Policy**

<b><u>Relevant Performance Indicators</u></b>		
<i>Care Inspectorate Quality Statements</i>	1.3	We ensure that service users' Health and Wellbeing needs are met.
<i>HGIOELCC Quality Indicators</i>	3.1 2.5	Ensuring wellbeing, equality and inclusion. Family learning – Engaging families in learning.
<i>National Care Standards</i>	3.3/3.4	Children have: <ul style="list-style-type: none"><li>• opportunities to learn about healthy lifestyles and relationships, hygiene, diet and personal safety</li><li>• access to a well-balanced and healthy diet (where food is provided ) which takes account of ethnic, cultural and dietary requirements, including food allergies.</li></ul>

**Last Updated: November 2016**

**Review Date: November 2018 (or sooner if legislation changes)**



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## 1. Relevant Policy and Legislation

### Setting the Table

Nutritional guidance and food standards for  
early years childcare providers in Scotland

### ***“Setting the Table – Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland (2015)”***

This guidance highlights the importance of nutrition in the early years and the role that childcare providers have in shaping both current and future eating patterns in 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”

This guidance was developed to help Early Years childcare providers to meet the Scottish Government National Care Standards: Early Education and Childcare up to the age of 16 (2009).



### ***“National Care Standards - Early Education and Childcare Up To the Age of 16 (Revised September 2009)”***

In time of writing this policy, the National Care Standards were currently being reviewed. Therefore, this policy reflects the guidance from the 2009 National Care Standards – Health & Wellbeing Standard 3.

Standard 3.4 requires that:

"Children and young people have access to a well-balanced and healthy diet (where food is provided) which takes account of ethnic, cultural and dietary requirements, including food allergies. Staff make sure that help with feeding is given in a way that best meets the needs of the child or young person".

## **2. Aims**

Hanover Street School is a Health Promoting School and part of this is our Healthy Eating and Snack Policy.

At Hanover Street School Nursery, we fully recognise that a balanced, healthy diet is a long term investment in physical, mental and social health.

We aim to:

- provide snacks for our children, which fulfil their immediate requirements in terms of energy and nutrients
- Offer children positive healthy eating experiences and learning opportunities in the nursery, in order to develop positive attitudes towards foods which promote their wider health and wellbeing
- work in partnership with families and other professionals to support children in developing a positive attitude towards foods, nutrition and healthy eating practices and choices
- Respect the different dietary, cultural, religious and health needs of all our children



## **3. Implementation**

- Our menu is planned taking account of “setting the table,” detailed previously;
- the monthly and weekly menus will provide children with a nutritious, varied, multi-cultural and healthy diet, ensuring children from all backgrounds encounter familiar tastes and that children have the opportunity to try new and unfamiliar foods;
- as far as possible, a monthly snack menu will be available in the nursery (on notice boards for parents and the snack area for the children) and on the school website (items on the menu are subject to change);
- children and parents will be regularly consulted in the choices for snack;
- parents of children who are on special diets or who have allergies will be asked to provide as much written information as possible. with parental consent, a photograph of any child with dietary requirements or allergies will be displayed in the kitchen area ensuring that permanent and temporary members of staff are aware of each individual child’s needs;



- pasteurised semi-skimmed milk or water will be provided during snack times; water will also be available at all other times;
- fresh fruit is always available;
- when cooking and baking, fats, salt, sugar, additives and preservatives are kept to a minimum;



- staff will regularly promote good hygiene practices from toileting to hand-washing, food preparation and clearing up;
- children will be encouraged to independently select their snack and clear up afterwards
- snacks which require use of cutlery will be included regularly, promoting independent use of forks, knives and spoons;
- when celebrating a variety of multi-cultural festivals throughout the year, children are offered experiences of tasting and preparing foods from different cultures and countries.
- as much as possible, children will be involved in the ordering/deciding, purchasing and preparation of snack;
- mealtimes are social, learning times when children can sit down with their friends quietly to enjoy their food, with ample time to enjoy the experiences. good examples of eating skills, table manners and behaviour are given by a member of staff sitting with small groups of children;
- festivals, birthdays and other special occasions – we value the importance of celebrating special occasions and birthdays in the nursery. a cake will be baked by the “birthday girl/boy” and their friends, when celebrating a birthday;
- the nursery is involved in the “Childsmile” campaign and we aim for children to brush their teeth on a daily basis. Tooth brushing will, as much as possible, take place after children have eaten snack;
- parental involvement is welcomed in all aspects of nursery, including snack menu planning and preparation. Staff are keen to work closely with parents to ensure that healthy, social eating is promoted as a two way process.





# **Healthy Eating and Snack** **Policy**

## **Appendices**



## Appendix 1 – Example of a Monthly/Weekly Menu

**JANUARY 2017**

**In addition to what is detailed on the menu:**

**\*water and milk available every day**

**\*fresh fruit available every day (seasonal variety, where possible)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>	(date) <b>cereal</b>	(date) <b>make your own</b>	(date) <b>yoghurt</b>	(date) <b>toast and toppings</b>	(date) <b>fruity Friday/ smoothies</b>
<b>Week 2</b>	(date) <b>bagel &amp; spread</b>	(date) <b>tasting Tuesday</b>	(date) <b>veg sticks &amp; dips</b>	(date) <b>rice cakes</b>	(date) <b>popcorn</b>
<b>Week 3</b>	(date) <b>digestives</b>	(date) <b>make your own</b>	(date) <b>ham or cheese sandwich</b>	(date) <b>toast and toppings</b>	(date) <b>fruity Friday/ smoothies</b>
<b>Week 4</b>	(date) <b>pitta bread</b>	(date) <b>tasting Tuesday</b>	(date) <b>frozen smoothie/ lollies</b>	(date) <b>soup (tinned or make our own)</b>	(date) <b>low fat baked crisps</b>

### Seasonal Foods Available at this Time of Year:

taken from <http://www.eattheseasons.co.uk/> Example – JANUARY

brussels sprouts, cauliflower, celeriac, celery, chicory, horseradish, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes (maincrop), salsify, shallots, swede, truffles (black) [i], turnips

blood oranges , clementines , kiwi fruit , lemons , oranges , passion fruit , pears, pineapple, pomegranate , rhubarb, satsumas, tangerines

brazil nuts, walnuts

guinea fowl, hare, mallard, partridge, turkey, venison

clams, cockles, dab, dover sole, gurnard, haddock, halibut, hake, langoustine, lemon sole, lobster, mackerel, mussels, oysters, red mullet, scallops (queen), sea bream, skate, turbot, winkles