

# Snack and Mealtimes

Provision of food policy



## Fraserburgh South Park Nursery

2023/2024

## UN Convention on the Rights of the Child

**Article 6:** Children have the right to live. Governments should ensure that children survive and develop healthily.

**Article 24:** Children have the right to good quality health care - the best health care possible - to safe drinking water, nutritious food, a clean and safe environment and information to help them stay healthy. Rich countries should help poorer countries achieve this.

*Our weekly menu will provide children in our care with a tasty, varied, and healthy diet. A main meal in the middle of the day and two snacks (mid-morning and mid-afternoon) will be offered, according to a child's hours of attendance. All the children in our care will be offered meals, snacks and drinks low in sugar and salt and rich in starchy foods and fruit and vegetables. Food will contain appropriate levels of fat. Children who do not receive breakfast at home will be offered breakfast when they arrive, if this is agreed with parents or guardians.*

At South Park Nursery snack time is an important part of the nursery session. The teaching, social and nurture approaches which arise from gathering for snack or lunch are as varied and important as the snack itself. We are provided with a scheduled menu, however throughout the term a wide variety of healthy snacks and hot meals are on offer. We encourage the children to try and taste new options. Children are encouraged to become involved in the preparation of snack and in the social participation.

We do this by: -

- ◆ Planning - a wide variety of snacks, fresh fruit or vegetables (every day) and a choice of either milk or water. Sometimes snack can develop an idea or theme or can itself be a theme.
- ◆ Developing their independence in setting the table, pouring, serving, and clearing away.
- ◆ Providing opportunities for the children to be involved in the preparation of snack.
- ◆ Encouraging good manners.

- ◆ Providing time for free open and fun chat whilst the children are having their snack.
- ◆ Making the link between pictures and words on the menu or in a recipe and raising their awareness that written words give instructions.
- ◆ As well as varying the type of snack that the children have as much as possible, once they become familiar with the snack routine, we also try to vary how snack is served/eaten. For example, we vary between all together, self-service, and outdoor snack.
- ◆ We follow Setting the table - Nutritional guidance and food standards for early years childcare providers in Scotland (21 January 2015), see below.
- ◆ Snack and lunch are now provided by Aberdeenshire Council. The Scottish Government states that each child is entitled to a free meal. Children who are in the morning session have a lunch from the menu (see website) and children who attend in the afternoon are provided with a PM meal. These are set meals with only one choice but still provide the children with all the benefits of a social situation.

The nursery will from time to time go out and about in the local area such as the Heritage Café at the Fraserburgh Fisherman's Mission for a 'social snack'. A risk assessment will be in place with adequate adult-child ratio and at times parents may be asked to contribute a small amount towards this.

For further information on the guidance we adopt at South Park Nursery please see Health Scotland, Setting the Table, 20 15 (updated 2018)

<https://www.healthscotland.com/uploads/documents/30341-Setting%20the%20Table.pdf>

Care Inspectorate, 2018, Food Matters

<https://hub.careinspectorate.com/media/836652/food-matters-nurturing-happy-healthy-children.pdf>

### ***How we incorporate the Health and Social Care Standards into our mealtimes:***

*1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.*

Although children cannot participate in menu planning we do encourage participation of fresh fruit and vegetables and offer choice where possible.

*1.34 If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.*

At South Park Nursery children are learning skills at mealtimes (cutting, chopping, pouring, socialising, language development). We encourage all children to use their cutlery, try chopping for themselves and provide adult assistance where necessary. We see almost all children grow in independence from the day they begin until they are ready to transition to primary one. We are proud of the achievements we encourage the children to make!

Any children who require help will be provided with nurturing support and where possible encouraged to try alongside an adult.

*1.35 I can enjoy unhurried snack and mealtimes in as relaxed an atmosphere as possible.*

Our snack time is usually free flow however can be varied to allow for all together snack and outdoor snacks. We ensure we sit with the children where possible, are present and supportive and can ensure a relaxed atmosphere. Our lunch times are scheduled to 30 minutes in the school dinner hall. The children are excited and engaged and enjoy going to the lunch hall. We find, as a nursery that 30 minutes is ample time for children to engage with each other, eat and relax.

*1.36 If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.*

Up to four members of staff will sit with children, where possible, during lunch time. A practitioner is always present, and will sit at snack and PM mealtime, again wherever possible to support and provide a nurturing approach to food and social situations

*1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences.*

Dietary Requirements are taken on board using each individual child's Information Plan, all about me and Dietary Form D which must be submitted to catering for cultural and dietary needs. All staff at South Park Nursery are inclusive, provide alternatives where possible and ensure professional values are at the core.

*1.39 I can drink fresh water at all times.*

During the summer months a quench station is filled regularly with fresh iced water for children to access independently or with support.

During the winter months children are reminded where the cups are and are strongly encouraged to help themselves throughout the day to fresh drinking water. Practitioners are aware of children who need to drink more, and this is encouraged. Children can also take in their own water bottles and can access their bags for these at any time.

## 3.5 Guidelines for snacks and drinks in young children

Snacks and drinks form an important part of a young child's diet. Snack time provides an excellent opportunity for children to:

- practise personal hygiene by washing their hands before eating/drinking
- learn about healthy snacks and drinks
- learn about making their own choices
- learn to try new foods and chat to staff about their likes and dislikes.

The sample menus provided include snacks as part of the day and the nutrient content of the snack has been calculated as part of the full day provision. This section provides further information and general guidance for planning healthy snacks and drinks for young children in your care.

### What to give

Snacks and drinks should be nutritious and low in added sugars to prevent tooth decay. Fruit and vegetables are healthy snacks but should be combined with a starchy food to ensure variety is included and a range of nutrients and adequate calories are provided. Having a variety of choices can help young children to make their own choices, making snack time a learning experience. Make sure your snack choices are varied to ensure that children attending for one day only are offered a variety of choices over the month.

### What to avoid

There are some snack foods that can be harmful to children's health if they are taken frequently and particularly between meals. These include soft drinks, sweets, chocolate confectionery, chocolate and cream-filled biscuits, sugary pastries, sugary desserts, highly sweetened cereals, and sugary sticky yogurts. These types of snacks should be avoided in young children.

It is recognised that young children may already have preferences for high-fat, high-sugar foods when they join the childcare setting, and childcare providers are ideally placed to encourage healthier options. However, for some children this may need a flexible approach. Working closely with parents is crucial and parents should be involved in discussions about any changes to the food and drinks you provide; for example, if you change the type of milk you provide.

**The table below provides guidance on the best choice of snack for young children:**

Healthy snack/drink choices	Occasional snack/drink choices	Not recommended as snack/drink choices
Fruit and vegetables	Reduced- and full-fat cheeses	Fruit juice and fruit smoothies
Vegetable- and pulse-based soups	Natural yogurt/plain fromage frais, with the possible addition of either fresh or frozen fruit or fruit in natural juices	Dried fruit
Baked beans	Small scones and pancakes/crumpets, toasted teacake	Sugary fizzy drinks, fruit squashes/cordials, sports drinks
Whole milk for children aged 1 to 2; semi-skimmed can be offered for older children	Breadsticks, oatcakes, savoury scones, e.g. potato, cheese, soda	Confectionery, savoury snacks and high-sugar or high-fat baked products
Water	Ciabatta, focaccia, naan, tortillas, wheaten bread, olive bread and sun-dried tomato bread	Artificially sweetened chocolate confectionery (e.g. diabetic products)
Rice cakes		Sugar-free confectionery (e.g. sugar-free lozenges, sugar-free mints)
Bread: wholemeal, brown, granary, white, high-fibre and rye bread, pitta, chapatti, rolls, baguettes, bagels, toasted English muffin		Processed meat products
Sandwich fillings: salad, fish, banana, lettuce, salad leaves, cucumber, tomatoes, carrot, pepper, sweetcorn, spring onion, oily fish (fresh or canned in water), egg (not egg mayonnaise), vegetable pate, meat, chicken, turkey		Bread products with added fat, like garlic bread, butteries, croissants, pain au chocolat and brioche
Breakfast cereals that are low in salt and sugar		Breakfast cereals that are high in fat, salt and sugar

Adapted from *Oral Health and Nutrition Guidance for Professionals* (NHS Health Scotland, 2011)

## Typical fruit and vegetable serving sizes

The serving sizes listed below are typical average amounts for a 1- to 5-year-old and should be used as a guide. Smaller children may need smaller servings, i.e. one serving is what a young child can hold in their hand.

Vegetables (fresh, frozen or canned)	1–2 tablespoons cooked vegetables
Pulses	$\frac{1}{2}$ –1 tablespoons
Homemade vegetable soup	Small bowl
Salad	Small bowl or 4–6 raw vegetable sticks
Vegetables in composites, such as vegetable chilli	1–2 heaped tablespoons per serving of the recipe
Banana	$\frac{1}{2}$ –1 small
Very large fruit, such as melon	$\frac{1}{2}$ –1 small slice
Medium fruit, such as apples	$\frac{1}{2}$ fruit
Small fruit, such as plums	1–2 fruits
Very small fruit, such as blackberries	1–2 tablespoons
Dried fruit	$\frac{1}{2}$ –1 tablespoon or 2–5 pieces of dried fruit
Fruit in composites, such as stewed fruit in apple pie	1–2 tablespoons
Frozen fruit/canned fruit	1–2 heaped tablespoons
Pure unsweetened fruit juice	$\frac{1}{2}$ –1 small glass (50 ml juice + 50 ml water)



Our food provision policy is updated annually, however should there be any incidents, issues with dietary requirements or any need for a revision this will be done so immediately.

#### Staff information

Training can be found here

<https://aldo.aberdeenshire.gov.uk>

Elementary Food Hygiene REHIS Course

Food Hygiene Refresher

REHIS Intermediate Food Hygiene Course

REHIS Controlling the risk of Cross Contamination

#### References and Guidance links

NHS, 2014, "Setting the Table"

<https://hub.careinspectorate.com/media/177298/nhs-setting-the-table.pdf>

Aberdeenshire Council, 2012, Supporting Children with Special Dietary Requirements

<https://aberdeenshire.sharepoint.com/sites/Arcadia/services/Pages/Education%20and%20Children's%20Services/Education%20and%20Learning/Children's%20Services/Special-Dietary-Requirements-.aspx>

Care Inspectorate, 2014, "Hand Hygiene: Information to Support Improvement"

<https://hub.careinspectorate.com/media/208454/hand-hygiene-information-to-support-improvement.pdf>

Health Protection Scotland, 2018, "Infection Protection and Control in Childcare Settings

<https://www.hps.scot.nhs.uk/resourcedocument.aspx?id=6606>

Food Standards Agency, 2016, "Guidance on Temperature Control Legislation in the United Kingdom"

[http://www.foodstandards.gov.scot/downloads/Guidance\\_on\\_temperature\\_control\\_legislation.pdf](http://www.foodstandards.gov.scot/downloads/Guidance_on_temperature_control_legislation.pdf)

Aberdeenshire Council, 2018, "Policy and Guidance relating to Food Hygiene on Council Premises"

<https://aberdeenshire.sharepoint.com/sites/Arcadia/services/Pages/Business%20Services/HR%20and%20OD/Health%20and%20Safety,%20Wellbeing%20and%20Risk%20Management/Health%20and%20Safety/E-H/Food-Hygiene.aspx>

Care Inspectorate, 2018, "Food Matters"

<https://hub.careinspectorate.com/media/836652/food-matters-nurturing-happy-healthy-children.pdf>

Date	Policy Author	Reviews required
2021	Vanessa Stephen	
2022	Vanessa Stephen	Update – cultural requirements August 2022
2023	Vanessa Stephen	Addition of appendix and useful links

August 2023