



Nursery Provision of Food Policy

Article 24: (Health and health services): Children have the right to safe drinking water, nutritious food, a clean and safe environment and information to help them stay healthy. (UNCRC) (1989)

Statement of Purpose

The promotion of children's healthy eating when serving food is an important aspect of high quality childcare and children should have a positive experience which helps to develop lifelong healthy eating habits.

Healthy Eating should be promoted in all Early Learning and Childcare (ELC) settings by providing a well-balanced and nutritious diet. All children in ELC settings need regular healthy meals, snacks and drinks to help develop their health and wellbeing.

This policy is based upon [Setting the Table](#), [Eatwell Guide](#), [Food Matters](#) and Nutritional guidance and food standards for early years childcare providers in Scotland. www.healthscotland.scot/

Throughout this guidance the term **parents** is used to include all main caregivers

Menu Planning

Strathburn School Nursery will ensure that a well-balanced, healthy and nutritious diet is provided for all children.

When planning a menu staff will consider the individual, nutritional needs of the children, the children's stage of development, any allergies they may have and their cultural background.

[Aberdeenshire Council, 2012, "Supporting Children with Special Dietary Requirements"](#)

Consultation with parents during enrolment processes will enable dietary preferences to be accommodated. Parents have prime responsibility for their child's health and should provide settings with information about any medical condition. Specific requirements will be included in individual health care plans created by the Nursery to help identify necessary actions to support the child where the responsibility for children's safety is clearly defined and each person involved with children with special dietary requirements is aware of what is expected of them. The School Catering Service will be informed of and will discuss with relevant partners, individual requirements to accommodate dietary needs.

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

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



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When providing 1140 hours all child receiving a funded ELC session will be entitled to receive a free meal if attending a morning session. A meal will consist of the up-take of the free meal, will be optional and if a child's ELC entitlement is being delivered using a blended model, involving more than one provider across the day, it will be for the individual funded providers to agree with the family and the local authority who will provide the meal. Menus for meals will be emailed to parents each term.

[Scottish Government, Dec 2018, "A Blueprint for 2020: The Expansion of Early Learning and Childcare in Scotland- Funding follows the child and the national standard for early learning and childcare providers: Operating Guidance"](#)

The planned snack menu will ensure children experience a wide variety of food options from the different food groups and will be reviewed each term. Water will be available to all children throughout the session and milk, as well as water, will be offered at snack times.

1.39 I can drink fresh water at all times.

Food containing large quantities of fat, sugar artificial additives and colouring will be avoided. Further information on Menu Planning can be found in *Setting the Table, Nutritional Guidance and Food Standards for early years childcare providers in Scotland* (NHS Scotland 2015 p76).

Environment

The environment should be calm and welcoming and encourage positive social interaction amongst children and staff.

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

Snack times should be used to develop good table manners, establish healthy eating patterns and develop regular eating routines in children. Independence skills should be encouraged by offering children food and drink choices, and encouraging children to prepare, serve and feed themselves.

1.38 If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.

Children should be given time to eat at their own pace and not be rushed. Consideration should be given to the space and managing of meal/snack times as well as the type of food provided. Suitable equipment will be provided for all children taking into account their individual needs and stage of development to ensure a positive experience.

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



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Good Eating Habits

Positive eating habits should be encouraged and staff should provide an enjoyable, flexible eating experience within the setting enabling children to develop good eating patterns. Children should experience a variety of different foods and regularly be introduced to new foods. They should be encouraged to try small quantities of all types of foods unless on a special diet or for cultural reasons. Quantities of food/drink offered will be determined by the ages of the children and their individual needs.

If a child does not want to eat a snack or shows signs of distress the food should be removed, without fuss, after a reasonable time. A healthy snack should be offered later in the session to the child. Relevant information regarding the child's eating habits should be recorded and parents should be informed.

Staff should ensure a consistent approach in relation to children's eating habits and offer praise and encouragement whenever possible. Through play positive attitudes to healthy eating should be developed.

Partnership with Families

The setting will work in partnership with parents and any other relevant agencies in their community to promote healthy eating. Strathburn Nursery has taken the decision that no foods should be brought in from home and will work with families to cater for any individual requirements.

Staff Development

The preparation and handling of food should be carried out by competent staff who will have sufficient knowledge to ensure food is safe to eat. Staff should receive training in food hygiene.

Food safety and hygiene is the responsibility of each individual setting. The local authority environmental health department will have up to date information regarding food safety legislation and procedures. In line with good practice the setting should aim to have at least one staff member who has a basic food hygiene certificate. *Setting the Table, Nutritional Guidance and Food Standards for early years childcare providers in Scotland* (NHS Scotland 2015 p95).

3.14 I have confidence in people because they are trained, competent and skilled, are able to reflect on their practice and follow their professional and organisational codes.



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Monitoring of this Policy

It will be the responsibility of the Early Years Senior and Lead Practitioner to ensure that new or temporary staff are familiar with this policy and that the policy is being implemented by all staff.

Training to support the implementation of this policy is identified below

Nursery Training for Food Safety Management System - contact Aberdeenshire Early Years Catering Officer (elaine.stuart@aberdeenshire.gov.uk)

Elementary Food Hygiene REHIS Course
Food Hygiene Refresher
REHIS Intermediate Food Hygiene Course
REHIS Controlling the risk of Cross Contamination

Available on Arcadia

<http://arcadialite.aberdeenshire.gov.uk/food-technology/>

Aberdeenshire Food Handling Policy
Aberdeenshire Food Handling Guidance
Aberdeenshire Food Safety Plan

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