

Nursery Snacks and Meals



Caring for our children's
future health and fitness

Chapter One Childcare is committed to ensuring that every child in our care has the best possible start in life. Making sure that our children have healthy, nutritious diets is an important part of that commitment.

We intend to help encourage healthy eating through planning and providing healthy snacks and well balanced nutritious nursery meals.

Improving children's health is the collective responsibility of parents, guardians and early years staff.

It is also an important priority for the Scottish Executive and this is where we can help. The strategy *Improving Health in Scotland*, identifies the early years as one of the four key areas for health improvement, as well as putting special focus on diet and physical activity as a way of achieving this. *Eating for Health: Meeting the Challenge*, another strategy paper, recommends that we need nutritional guidance for the pre-school sector if we are to improve children's health.

DRINKING WATER POLICY

- Drinks of water will be offered regularly throughout the day.
- Children will be assisted in obtaining a drink of water should they need help.
- Suitable cups are provided for children to drink water from.
- Children are made aware that water is available at all times, and that they should ask for water when they require it.

FOOD AND MILK POLICY

Food

Young children can often have strong preferences for one type of food or another, and may show signs of allergy towards certain foods.

- To ensure that food meets the requirements of the maximum number of children and that it is the highest quality the following procedures will be followed:
- All food will be checked at the time of use to ensure that it is not past its use by (or best before) date and if appropriate will be refrigerated until use.
- No food with nuts or traces of nuts will be used
- All packed lunches will be stored correctly and re-heated if appropriate, to temperature laid down by food hygiene law.

Any other specific dietary requirements are a matter for agreement between the nursery and the parent.

Milk

The Welfare Food Scheme enables children under five to receive free of charge 189 ml of milk for each session they attend.

This nursery has applied for and received approval to participate in the scheme in order that children in our care may benefit.

Eating habits, nutrients, foods and menu planning

At nursery mid-morning and afternoon snack are provided.

Snack items are at times set out in an area where children participate in the preparation.

Children are taught personal hygiene by hand washing procedures and the use of utensils to serve food are also addressed.

Snacking together is.....

- Development of social skills through interaction and co-operation with others, e.g. taking turns.
- Development of language skills as children and adults talk together about what they are eating.
- Children are more easily encouraged to try new foods and can see what the whole food looks like before helping an adult to prepare it.
- Staff can observe children closely, gathering information for their profiles in several areas of development.
- Staff are more aware of what children are eating and can share information with parents.





Menu planning is very important in achieving a well-balanced and healthy diet for the children in our care.

Young children have changing likes and dislikes and their appetite and willingness to try new foods varies.

Children's dietary requirements are taken into account and acknowledged as well as children's cultural backgrounds.

In planning our menus we have taken into account a variety of sensory qualities, e.g. taste, texture, flavours, colours and temperature. This will help children's learning and enjoyment of food. Early and repeated exposure to a food also helps children to accept it and learn to like it in the long term.



Example Nursery Snack Menus



Fruit platter - a selection of fruit is used from the following - *Apple - banana - watermelon - sultanas - grapes - pineapple - strawberries - blueberries - satsumas - dried apricots - pears - peaches.*

Savoury & sweet - *Cheese chunks - marmite fingers - carrot/cucumber sticks - bread sticks - rice cakes - mini bagels with fruit topping - fromage fraise - yoghurt - fruit loaf.*

Drinks - Milk - Water - Smoothies - Fresh fruit juices



Nursery Lunches

Nursery lunches are provided by an outside catering company

East Lothian Larder

Food is delivered in controlled environment to comply with environmental and consumer regulations.

Caterers Declaration

At East Lothian Larder we believe that a content child is one that receives a balanced and nutritious diet. We are a catering company that specialises in nursery catering throughout Edinburgh and East Lothian in accordance with early years' guidelines.

At East Lothian Larder we recognise that meal times are a very important social occasion and it is essential that all provide the best possible model for our next generation to develop positive and healthy attitudes towards eating and enjoying food.

East Lothian Larder allows all child care practitioners to take the emphasis off running to a schedule at lunch time and sit down and enjoy a meal with the children, providing a wonderful learning experience.

Our company have a variety of menus that are available to be purchased that allows every childcare centre to provide each child in its care a well balanced two course meal every day.

Each menu choice has a 5 day eating plan for the children that ensures

- All children will receive at least 3 portions of fruit or vegetables per day
- All food is age appropriate
- All food is homemade with no processed food present

All food arrives on the nursery premises ready to consume and in manner that allows all nursery staff to concentrate on the children's experience. Working in partnership with the nursery management we ensure that all children's dietary requirements are met and each child receives a tailor made service.

Menus

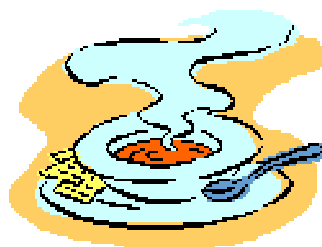
All menus are seasonal and run for a week, see attachment. Also dietary requirements will be met for vegetarians and vegans.

Suppliers






All meat that is used at East Lothian Larder is supplied by Anderson Butcher from North Berwick and all seasonal vegetables are sourced locally.






Additional Packages from East Lothian Larder

Celebrations Around The World- Within our present world an appreciation of different cultures is always best represented through food. East Lothian Larder offers a package that will provide each nursery a calendar of festivals and events that are celebrated throughout the world. All festivals and celebrations will be in conjunction with the Curriculum of Excellence and allows for an ideal opportunity for learning and a fantastic inclusion in any curriculum planning.



Sample Lunch Menus

Winter Menu	Mon	Tues	Wed	Thurs	Fri
Week 1					
Main Meal	Red pepper & tomato soup with wholemeal bread	Vegetable Pasta Bake	Vegetable risotto	Chicken casserole & vegetable*	Shepherds' pie, peas and carrots*
Pudding	Eve's Pudding & Custard	Fruit crumble & Custard	Stewed Fruit and Vanilla Yoghurt	Raspberry Trifle	Cheeky Chocolate Mousse

Winter Menu	Mon	Tues	Wed	Thurs	Fri
Week 2					
Main Meal	Mince & potatoes with peas & sweet corn *	Pasta with Tomato & vegetable sauce	Sausage & mash, onion gravy, peas & carrots *	Fisherman's pie with steamed greens	Chicken & vegetable casserole
Pudding	Swiss Roll & Custard	Raspberry trifle	Stewed fruit & Vanilla yoghurt	Rice pudding	Cake & custard