



Newtongrange Nursery Snack Policy

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.

United Nations Conventions on the Rights of the Child - Article 24

The Nursery has a duty to provide a healthy and nutritionally balanced menu. Children will also have opportunities to try a variety of different foods and food is seen as part of the learning experience and an integral part of the caring environment.

The following policy has been written based on the current guidance published by

- NHS, *Setting The Table - Nutritional Guidance And Food Standards For Early Years Childcare Providers In Scotland*, 2015.
- Care Inspectorate, *Best practice guidance: Managing Choking Episodes In Babies And Children*, 16th April 2014.
- The Royal Environmental Health Institute of Scotland (REHIS), *The Food Hygiene Handbook for Scotland*, 2013.

All staff have successfully completed the REHIS Elementary Food Hygiene and the REHIS Infection Control course.

These are the procedures which we follow:

- When ordering food for snack, salt guidelines from *Setting the Table* is followed.

Low content per 100g	
Salt	0.3g or less
Sodium	0.1g or less

- When ordering food for snack the *Food standards for meal and snack provision 1-to- 5-year-olds in childcare settings in Scotland* is followed. Snack is classified as a light meal.
- Children will be involved with the process of choosing food for snack. Discussing the different food groups and types of food that fit these groups and why the variety makes a healthy diet.
- Children who have specific dietary requirements and/or food allergies can be identified by photograph that explains what the restriction is. All staff including supply/student staff are aware of this. This information is located on the inside of a kitchen cupboard door for ease of access and confidentially.
- Medication that is stored for children who have food related allergies is noted on the child's information card located inside a kitchen cupboard door.
- Check and record the temperature of the fridge and freezer at the start of day and the beginning of the second nursery session.
- Adult cleans food preparation and serving areas with hot soapy water followed by anti-bacterial spray. Children will be out of this area when chemical sprays are used to prevent asthma attacks.

- Staff member invites two children to help to prepare snack and their names are recorded on the rota.
- Adult and children will tie back their own long hair as required.
- Adult and children wash their hands and put on aprons, blue disposable apron for adult and wipe able aprons for children. Hand washing is repeated when necessary during the preparation process.
- Adult discuss the menu with the children and highlight any risks involved e.g. sharp knife for cutting fruit, food allergens. The discussion should continue during preparation.
- Adult ensures that any stones or pips are removed from food. Small fruit e.g. grapes/cherry tomatoes are cut in half lengthways. Large fruit is cut into slices rather than chunks to reduce choking risk.
- The snack area is constantly supervised to reduce the risk of choking.
- All staff have the appropriate First Aid Certification.
- A poster to inform staff of what to do if an emergency happens involving a choking of a child is displayed in the kitchen area.
- If the cooker/toaster is being used **ALL** children are warned of the danger and asked to keep away from it.
- Before having snack children collect their name card, wash and dry their hands and collect their own food and drink.
- When finished, children put their own food waste in the food recycling bin and wash and dry their dirty dishes in the basin provided.
- Adult then loads the dishwasher once the children are away from the direct area.
- Adult cleans the food preparation areas, snack table and children's aprons with hot soapy water followed by anti-bacterial spray. Children will be out of this area when chemical sprays are used to prevent asthma attacks.
- Each Friday the microwave, oven and fridge are cleaned are recorded. The food cupboards are cleaned, stock rotated and any out of date food is disposed of. The children's aprons are washed in a machine.
- Freezer is defrosted during each term and recorded.
- The snack fee which is £1 a week. A staff member will discuss payment options for this with the parent and carer during induction.

Example of Snack Menu Week

I enjoy exploring and working with foods in different contexts **TCH 0-04a**

- Monday: Fruit scone with spread
- Tuesday: Oatcakes with fruit
- Wednesday: Toast with spread
- Thursday: Cooked snack (e.g. soup, pancakes, pasta, seasonal)
- Friday: Pitta bread with yoghurt dip and vegetable sticks

Milk and water are available every day

Revision date: September 2020