**Portlethen Primary School Nursery**

**Snack Provision & Healthy Eating Policy**

**Purpose of Policy**

To provide a healthy and nutritious meal for all children at Portlethen Primary School Nursery. We follow Setting The Table (Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland 2014) Published by NHS Health Scotland.

Information detailed below is taken from the document “Setting The Table”.

“This guidance celebrates the contribution that childcare providers can have in shaping the future eating patterns of 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”

**Policy Statement**

Portlethen Primary School Nursery will ensure that all children within the setting will be provided with a nutritionally balanced snack in line with best practice guidance. We will support children to learn about healthy lifestyles including a healthy diet and good eating habits. During snack time, infection control procedures will be followed to ensure safe practice. Food will be sourced from reputable suppliers, stored appropriately and used within date. Staff will be trained appropriately in food handling and hygience. Children’s individual dietary requirements will be met.

**How the policy is implemented**

Mealtimes should be social, learning times when we can sit down with our friends quietly to enjoy our food. Good examples of table manners and behaviour are given by a member of staff sitting with small groups of children. Children are encouraged to try new things and learn about healthy eating.

All snacks / lunch are provided by Portlethen Primary School Nursery.

All food is freshly prepared daily on site in our kitchen. All our menus are nutritionally balanced and designed in conjunction with “Setting the table” Nutritional Guidelines for children. Fresh fruit and vegetables are always available. Salt, sugar and additives are kept to a bare minimum. At least three portions of fruit and vegetables are on offer each day.

We encourage children to drink water throughout the day. They have milk at snack times and water with meals. We also encourage them to bring a water bottle each day which they can access whenever they want to, we also have a water available which the children can access at any point.

All dietary requirements are catered for and weaning programs are followed in line with parent’s wishes and Health Authority Guidelines.

**Allergies / Dietry requirements**

If you are aware that your child has an allergy / dietry requirement to certain foods or food product please ensure that you inform staff and the information is added onto your child's individual care plan. It is important that you tell us no matter how minor or severe the allergy is.

A list of children with allergies is kept visible in the nursery for all adults to be aware of. All children have their own allergy cards for snack / lunch times detailing any allergy, dietary requirements so that all staff are fully aware.

As some children have known allergies we kindly request that parents do not bring in food from home unless this has been agreed by the management of the nursery. Any products which are taken in to share with the children (such as a birthday cake) must be shop bought, in the original packaging which clearly states the list of ingredients.

**Procedure:**

* Food will be stored as per labelling
* Fresh fruit and vegetables will be washed before storage and before use
* Staff will attend food handling training when required
* Cleaning kitchen/food preparation area will be in line with the school’s policy on infection control
* Cleaning and maintenance schedules will be kept and displayed in prominent areas
* Staff will wear PPE equipment
* Staff will have knowledge of children’s allergies and food tolerances. This information will be displayed prominently during the session
* Allergens will be clearly displayed next to the snack menu
* Staff will encourage children to become independent during preparation, during snack and clearing away.
* Staff will encourage all children to participate in sociable, interactive and learning experiences during snack.