



Snack Policy

UNCRC in 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.

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, 2014*; Aberdeenshire Council *Snack Charges, April 2014*; 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. See appendix 1.
- Children will be involved with the process of choosing food for snack each week. Discussing the different food groups and types of food that fit these groups and why the variety makes a healthy diet.

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- 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 confidentiality.
- 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 (as above) Medication is stored in the medical cabinet in the kitchen area and this is clearly labelled.
- Check and record the temperature of the fridge and freezer at the start of day and the beginning of the second nursery session.
- Staff member responsibly for snack records the allergens, in red pen, contained in the food provided for snack that day and this is displayed in the foyer before start of 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.
- Children place the snack cards in the holder.
- 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.
- Children put dishes and cutlery required on the table.
- 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

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- All staff have the appropriate 1st Aid Certification; this is displayed in the kitchen area.
- 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.
- When ready, call the class to come for snack. Each child posts card, washes and dries their hands and collects their own food and drink.
- When finished, children put their own food waste in the bin and place their dirty dishes on the kitchen worktop by the sink.
- Adult 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 the machine.
- Freezer is defrosted during each term and recorded.
- Aberdeenshire Council set the snack fee which is currently 0.50p per session. This is payable as one fee at the start of each term by electronic transfer. A staff member will discuss this with the parent/carer during induction.

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