



Kilcreggan Early Learning and Childcare Centre



Food Policy Overview



UNCRC:

Article 6: I should be supported to live and grow

Article 12: I have the right to be listened to and taken seriously

Article 24: I have the right to good quality health care, clean water and good food

Kilcreggan ELCC provides healthy, nutritionally balanced food and drinks for the young children in our care. Children 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. Parents have an important role to play too, and we know from good practice examples that where parents and providers work in partnership the best possible care can be provided.

Consistency of Approach

Kilcreggan ELCC regards snack and meal times as an important part of our session. Eating represents a social time for children and adults, and helps children to learn about healthy eating. At snack time, we aim to provide nutritious food, which meets the children's individual dietary needs. We aim to meet the full requirements of 'Setting the Table' Nutritional Guidance and Food Standards for Early Years Childcare Providers in Scotland.

We will do this by:

- Information about each child's dietary needs will be recorded on their enrolment form. Prior to a child starting at Nursery, staff should read these forms to identify children with dietary needs. If required, further information can be obtained from parents prior to their children starting at nursery
- Children with Additional Support Needs relating to food will be supported by staff and parents/carers to eat what they like to eat but also will continue to offer the school meal to encourage a varied diet
- Staff should regularly consult with parents/carers to ensure that records of their children's dietary needs - including any allergies - are up to date. Parents/carers also have a responsibility to keep the Nursery informed about any food allergies
- Parents/carers of children who are on special diets should be asked to provide as much written information as possible about suitable foods. A photograph of any child with a special dietary requirement or allergy is

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- displayed on the inside of the kitchen cupboard to ensure that permanent and supply staff are aware of each individual child's needs
- Allergen information will be clearly identified for parents in snacks provided by the nursery
- The weekly lunch menu is displayed in advance. The weekly menu will provide children with a varied and healthy diet. Advice is given to parents about suitable food to bring from home, regarding healthy options for packed lunches
- Milk or water will be served with snacks. Water will be available to children at all times. Water will also be served with lunch
- All dairy products used in the nursery will be full fat
- Children will be allowed to have second helpings of fruit or milk-based desserts if available. Children will still receive dessert if they refuse their main course
- Parents or carers will be advised if their child is not eating well. Uneaten food in packed lunch boxes will be returned home to let parents know what has been eaten
- Staff will record what each child eats to be able to celebrate if children try something new or eat something they haven't previously. This will also assist if children have any reaction to anything they have eaten
- Meal and snack times are organised so that they are social occasions in which children and staff participate. Lunch service is served family style where children are encouraged to serve themselves. Staff will sit with children while they eat and will provide a good role model for healthy eating
- Meal and snack times are used to help children develop independence through making choices, preparing and serving food and drink and feeding themselves
- At snack time children are encouraged to choose a whole piece of fruit (apple, banana, pear, satsuma, plum) as well as a selection of vegetables. Children are closely observed during snack time and staff model and talk through with children how to eat fruit safely
- Children should be encouraged to develop good eating skills and table manners and will be given plenty of time to eat



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- Children should be provided with utensils that are appropriate for their age and stage of development and that take account of the eating practices in their cultures
- Withholding food will NEVER be used as a form of punishment. If a child does not wish to eat their main course they will always be allowed the pudding (if there is one that day).

Health and Social Care Standards:

2.2 I am empowered and enabled to be as independent and as in control of my life as I want and can be.

2.21 I take part in daily routines, such as setting up activities and mealtimes, if this is what I want.

Links to National Policy

Setting the Table- Nutritional Guidance (2018)

Food Matters (2018)

Space to Grow (2017)

Monitoring and Review

It is the responsibility of the Head Teacher along with the staff to monitor, evaluate and review the above arrangements and to adjust them according to need.