



Kilcreggan Early Learning and Childcare Centre



# Healthy Eating and Meal Times Policy



## **UNCRC:**

**Article 6 I should be supported to live and grow**

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

**Article 27 I have the right to have a proper house, food and clothing**

**Article 28 I have the right to an education**

We follow guidance contained within Setting the Table document which is recognised as good practice by the Care Inspectorate.

## **Healthy Eating Snack and Lunch Times**

Funding is now in place from the Scottish Government to finance ELCC snack and lunches. Snack time takes place during play each morning. On offer is a wide range of fruit and vegetables and carbohydrates. We encourage children to try a variety of these.

Lunch menus are emailed out for parents and carers to select from. Children can also bring a packed lunch. Lunches are provided by the school kitchen and are prepared on the premises.

Snack and lunch times are an integral part of social experiences in the ELCC. It is also a time to reinforce children's understanding of the importance of healthy eating.

## **We aim to do this by ensuring:**

- All meals and snacks provided are nutritious, avoiding large quantities of fat, sugar, salt, preservatives and colourings
- Children's medical and personal dietary requirements are respected
- Menus are planned in advance and food offered is fresh, wholesome and balanced
- A multicultural diet is offered, where appropriate, to ensure that children encounter familiar tastes and that all children have the opportunity to try unfamiliar foods

*Kilcreggan Primary ELCC*

*Updated Aug 2023*



## **Kilcreggan Early Learning and Childcare Centre**



- The dietary rules of religious groups and also vegetarians/vegans are known and met in appropriate ways
  
- The healthy eating policy and snack menus are shared with parents
- Children are involved in the preparation of food in food related activities
- Children are encouraged to serve themselves at meal and snack times

### **National Care Standards**

1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.

1.34 If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.

1.35 I can enjoy unhurried snack and meal times in as relaxed an atmosphere as possible.

1.36 If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.

1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences.

1.38 If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.

1.39 I can drink fresh water at all times

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

### **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