

# Cornhill Nursery ~ Snack Policy



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; 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 course and the REHIS Infection Control course.

## **Introduction**

Cornhill is a Health Promoting School and part of this is our Healthy Eating and Snack Policy. At Cornhill Nursery, we fully recognise that a balanced, healthy diet is a long term investment in physical, mental and social health.

Snack is an integral and valuable part of the nursery session. It not only provides the children with a daily healthy and nutritionally balanced diet, but it also encourages the use of good manners and development of social skills. Through snack, the children are continuing to develop their knowledge and understanding of several of the SHANARRI indicators.

**Safe, Healthy, Active, Nurtured, Achieving, Respected, Responsible, Included**

## **Aims**

At Cornhill School we aim to;

- provide snacks for our children, which fulfil their immediate requirements in terms of energy and nutrients.
- offer children positive healthy eating experiences and learning opportunities in the nursery, in order to develop positive attitudes towards foods which promote their wider health and wellbeing.
- work in partnership with families and other professionals to support children in developing a positive attitude towards foods, nutrition and healthy eating practices and choices.
- respect the different dietary, religious and health needs of all our children.

## **Implementation**

- Our menu is planned taking account of the "Setting the Table" document.

- The 'tri weekly' menu rota will provide children with a nutritious, varied, multi-cultural and healthy diet, ensuring children from all backgrounds encounter familiar tastes and that children have the opportunity to try new and unfamiliar foods.
- A snack menu will be available in the nursery, on notice boards for parents and in the snack area for the children. (Please note - items on the menu are subject to change.)
- Children and parents are always welcome to make suggestions for snack.
- Parents of children who are on special diets or who have allergies must provide detailed written information during the induction session.
- With parental consent, a photograph of any child with dietary requirements or allergies will be displayed in the kitchen area ensuring that permanent and temporary members of staff are aware of each individual child's needs.
- Milk or water will be provided during snack times - water will also be available at all other times on request.
- Fresh fruit is available daily.
- As far as possible fats, salt, sugar, additives and preservatives are kept to a minimum.
- Staff will regularly promote good hygiene practices from toileting to hand-washing, food preparation and clearing up.
- Children will be encouraged to independently select their snack and clear up afterwards.
- Snacks which require the use of cutlery, will be included regularly, and independent use will be promoted.
- Children will participate in baking healthy snacks, generally on a weekly basis.
- Through celebrating a variety of multi-cultural festivals during the year, children are offered experiences of tasting and preparing foods from different cultures and countries.
- On occasion, children will be involved in the ordering/deciding, purchasing and preparation of snack. Snack is mainly purchased online from Asda or Tesco, however occasionally the children will be taken on a trip to our local Aldi shop where they will help to gather and purchase the items on their list.
- Snack times are social, learning times when children can sit down with their friends quietly to enjoy their food. Good examples of eating skills, table manners and behaviour are given by a member of staff sitting with small groups of children.
- Parents are welcome to be involved in pre-arranged baking/cooking sessions as part of our Stay and Play scheme.

## Dietary requirements

Unless of course a child with allergies/intolerances can only consume specific branded products, parents will not be expected to supply foods for their child. The nursery can tend to special dietary requirements in the weekly shop, however we can only purchase products from Asda, Tesco or Aldi.

## Procedure

- Adults will tie back long hair.
- Adults wash their hands and put on a disposable apron.
- Staff members invite children to help to prepare snacks.
- Children who help, wash their hands and wear wipe-clean aprons.
- Staff and helpers check and record the temperature of the fridge and freezer.
- Staff check that all foods are in date on a daily basis. Any out of date food will be disposed of.
- Staff and helpers clean food preparation and serving areas with hot, soapy water which is left to air dry. This is followed by the use of anti-bacterial spray which should be left on the surface for at least 30 seconds then wiped off using the green cloth.  
**Only adults are permitted to use spray.**  
*Specific disposable cloths are used for specific areas ;*  
**green – snack area, blue – kitchen area.**
- Children place the snack cards on the table ready for their peers.
- The adults and children discuss the menu and highlight any risks involved e.g. sharp knife for cutting fruit, food allergens. The discussion should continue during preparation.
- Children help the adults with the food preparation, using 'KiddiKutter' knives where appropriate. The adult is responsible for keeping sharp knives out of reach and discussing knife safety with children.
- Any new food packages that are opened, will be labelled with a 'use by' date.
- Hand washing is repeated when necessary during the preparation process.
- Children are then invited to come for snack.
- If a child refuses snack, staff will encourage them to give it a go. If they still do not wish to, the child will put their snack card away and inform the staff member.
- Parents will be informed if children decide not to have snack.

### **Safety**

- Adults ensure that any stones or pips are removed from food. Small fruit e.g. grapes/cherry tomatoes are cut in half lengthways.
- The snack area is constantly supervised to reduce the risk of choking.
- All Staff have the appropriate First Aid Certification.

### **Cleaning**

- Children have the responsibility of getting rid of any leftover food using the green food bin, and will independently put their plates etc in the dishwasher.
- After snack, the adult cleans the food preparation areas, snack table.
- Children's aprons are usually cleaned with hot soapy water followed by anti-bacterial spray, and are regularly washed in the washing machine.
- The microwave, oven and fridge are cleaned and maintained regularly. (see cleaning rota)
- Food cupboards are cleaned, stock is rotated and any out of date food is disposed of.
- The Freezer is defrosted each term.

### **Cost**

Our weekly snack fee is £2. This can be paid on a weekly basis or parents can opt to pay for several weeks or a whole term in one go.

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