

## Introduction

In August 2020 ELC children will be entitled to a healthy Free School Meal, children are only entitled to this meal if they are attending Early Learning and Childcare for more than 4 hours and over a meal time. This folder will support your practice with examples of records to be kept and sample policy and guidance.

These are the guidance documents that inform our practice when delivering snacks and a hot meal service;

- Setting the Table (NHS Health Scotland, 2018) <http://www.healthscotland.com/uploads/documents/30341-Setting%20the%20Table.pdf>
- Food Matters (Care Inspectorate, 2019) <https://hub.careinspectorate.com/how-we-support-improvement/care-inspectorate-programmes-and-publications/food-matters/>
- Infection Prevention and Control in Childcare Settings (Day Care and Childminding Settings) <https://www.documents.hps.scot.nhs.uk/hai/infection-control/guidelines/infection-prevention-control-childcare-2015-v2.pdf>

## Care Inspectorate - Health and Social Care Standards

<https://scotgov.publishingthefuture.info/publication/health-and-social-care-standards-my-support-my-life>

During a Care Inspectorate inspection the following standard would be inspected upon;

### Wellbeing Eating and Drinking

**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.

**1.3** - 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.

