

## **Stornoway Childcare Centre**

### **Food and Nutrition Policy**

#### **Snack Time:**

We work with parents to provide appropriate snack items for babies and children in our care.

We provide a supportive environment for families who wish to continue to provide breast milk and for mothers who wish to breastfeed at the centre.

Healthy food items, low in sugar and salt, and a choice of fruit and vegetables will be provided at snack time.

Plain, still water will be available throughout the day.

Milk and plain still water will be offered with snacks and meals.

#### **Packed Lunches:**

We ask that you provide healthy food items which are low in sugar and salt. Fresh/pure fruit juice diluted with water can be included in lunch boxes. Uneaten food items will be returned to lunch boxes to let you know what your child has eaten.

Confectionary will not be given to children. Sweets, chocolates, cakes etc. will be returned home in lunch boxes.

#### **Developing Good Eating Habits:**

We regard snack and meal times as an important part of our session. Eating is a social time for children and adults alike. We sit with children at snack and lunch time, providing a good role model for healthy eating.

#### **Special Occasions:**

For occasional special celebrations, children may have confectionary (sweets/chocolate/cake). For example, you can bring in a shop bought cake for your child's birthday.

A small portion of confectionary may be provided to children at Easter, Christmas and the Annual Teddy Bears picnic as part of the activity.

#### **References:**

Setting the Table – Nutritional Guidance (2015) <http://www.healthscotland.com/documents/21130.aspx>

#### **Useful Resources:**

NHS Western Isles Department of Nutrition and Dietetics, "Food for Tots - Biadh dha clann bheaga"

<https://www.parentingwi.scot.nhs.uk/wp-content/uploads/2018/05/Food-For-Tots-Printer-Version.pdf>

NHS Western Isles Department of Nutrition and Dietetics "Packed lunch ideas for children aged 1-5 years"

<https://www.parentingwi.scot.nhs.uk/wp-content/uploads/2018/05/Packed-lunch-ideas-for-children-aged-1-5-years-Printer-Version.pdf>