Tulliallan Nursery Food Policy created June 2025

This policy has been created in line with the overall approach in Fife Council settings to the   
provision of food and should be read in conjunction with these policies.   
   
Fifes-Fabulous-Food.pdf 

[Fife’s Fabulous Food – Early Learning in Fife](https://blogs.glowscotland.org.uk/fi/fifeelec/fifes-fabulous-food/)

Fife Council Food Policy 

[FC-food-policy-Mar-25-May-25.pdf](https://blogs.glowscotland.org.uk/fi/public/fifeelec/uploads/sites/12892/2025/05/12134924/FC-food-policy-Mar-25-May-25.pdf)  
   
Meal provision in local authority ELC settings

Children in all ELC settings receive a meal each day. This meal may be lunch, a big   
breakfast or an afternoon tea. These meals are all prepared by the Council’s catering   
service and are planned to meet the requirements of the nutritional standards and practical   
guidance for ELC services in Scotland. All settings will provide snacks which are funded   
through the Scottish Milk and Healthy Snack Scheme. These offerings of fruit and   
vegetables are often supplemented by a setting’s own snack provision to complement   
children’s learning or seasonal celebrations. Many settings also provide breakfast to   
support the transition of children from home to nursery.   
   
Mealtime offerings at Tulliallan Nursery  
   
Children will be provided with Snack and lunch   
  
Lunch should provide approx. 30% of daily energy requirements   
Snack should provide approx. 10% of daily energy requirements   
   
All meals are served with semi-skimmed milk, or an appropriate milk alternative, and water.

Organisation of mealtimes and the mealtime environment

Lunch is served from 11.30-1.30pm within the nursery room. The lunch is provided by the school catering team. Children are encouraged to self-serve food and drinks, supported by staff. Children choose their lunch in the morning when they arrive through using a pictorial menu.

Snacks are prepared within nursery and served from 9am to 10.30am approximately, dependent on the needs of the children and what is happening in nursery that day. Children are involved through preparation and self-serving.

Our snack menu is planned daily, with children voting to choose their snack for the next day from available choices. We follow Setting the Table guidance with children having the following choices:

Breadsticks

Oatcakes

Toast

Hard cheese

Dairy free spread

Crackers

Cereal

Fruit

Soft cheese

Semi skimmed milk (or milk alternative) or water  
  
   
Nutritional offering during mealtimes   
   
Lunch should provide at least two servings of vegetables   
Lunch should provide one serving from the beans, pulses, fish, eggs meat and proteins group of foods   
Lunch should provide at least one serving from the starchy food group (potatoes, bread, rice, pasta for example)   
   
Snacks should be planned around the menus offered by the catering service to complement   
the foods offered.

Children should be encouraged to try different foods as research shows that re-presenting   
the same foods consistently is the most effective way to get children to try new foods.

Portion sizes should be appropriate for the age of the child. It should be remembered that   
children have differing appetites and cognisance should be taken of this during meal   
service times.   
   
Food and drink standards   
   
There are 14 food and drink standards which have to be addressed as part of menu   
planning;   
1 Fruit and vegetables   
2 Oily fish   
3 Red and processed meat   
4 Yoghurts and fromage frais   
5 Sweetened and baked products, puddings and desserts   
6 Breakfast cereals   
7 Fried foods   
8 Savoury snacks   
9 Bread and bread rolls   
10 Savoury pastry and pastry products   
11 Oils and spreads   
12 Salt, other condiments and preserves   
13 Confectionery   
14 Drinks   
  
These standards will be considered when planning for snack provision and will be reflected   
in menu delivery.   
   
Setting the Table 

[Setting the Table Guidance - gov.scot](https://www.gov.scot/publications/setting-table-guidance/)

Celebrations and special occasions

Birthdays are celebrated in nursery in a variety of ways which do not always involve   
birthday cakes as we are mindful of the number of sweet treats children may be consuming   
in a day. We endeavour whenever possible to use healthy ingredients in our approach to   
baking and explore alternative approaches to celebrating birthdays as a setting.   
These include choosing an accessory from out Birthday Box e.g. garland/wand/glasses to wear. Children are given a birthday plate to use on that day for snack/lunch.   
   
Food allergies

An allergic reaction occurs when the body’s immune system reacts to a food or substance   
which is usually harmless. The most common food allergies are;

Cow’s milk   
Eggs   
Gluten   
Peanuts and tree nuts   
Soya   
Shellfish   
Fish

Children who are allergic to certain foods should have a healthcare plan in place which will   
be regularly reviewed. All practitioners working with a child who has allergic reactions, or   
when allergic reactions may be suspected, should be aware of their healthcare plan and   
any associated care/medication needs.   
   
Food intolerances

Intolerances are when the body has difficulty digesting certain foods and are not life   
threatening. Intolerances cause unpleasant symptoms. Common intolerances are;

Lactose   
Gluten

Any special dietary needs need to be registered online at Fife direct-School Meals. Staff can signpost to this if needed.

Food additives/chemicals

Children who have a food intolerance should have a care plan in place which is regularly   
reviewed. All practitioners working with a child who has a food intolerance, or when an   
intolerance is suspected, should be aware of the child’s care plan and any associated   
care/medication needs.   
   
   
Dietary needs   
Children who have specific dietary needs due to diabetes or coeliac disease for example,   
will have individualised plans in place detailing what they can/cannot eat. All practitioners   
working with a child who has specific dietary requirements due to a medical need should be   
aware of the child’s care plan and any associated care/medication needs.   
   
Cultural and dietary preferences

Children with special dietary requirements will be included alongside all children at meal   
and snack times as much as possible.   
Information about special dietary requirements will be discussed with parents regularly and updated in the child’s PLJ/care plan as necessary.   
Discussion will take place with parents when the provision and preparation of food is   
required to be compliant with religious guidance for individual children. Information will be regularly updated in the child’s PLJ.   
   
Food brought in from home

Parents will be made fully aware of our food policy at the time of enrolment. Information will be included on the nursery information sway. This includes samples of lunch/snack menus and the requirement of ELC settings to follow the national guidance ‘Setting the Table’, these include choking, nutrition and allergen guidance.   
If a child is to bring a packed lunch to nursery, we will provide them with examples of   
foods for packed lunches which can contribute to the provision of a balanced diet, using the   
guidance, Hungry for Success: A healthy packed lunch. All lunches should have an ice pack to keep food cool.

Learning about food

Learning about food will be incorporated through the curriculum and across many learning   
contexts. Experiences will also be linked to backdrop planning processes, including   
seasonal change and celebrations.   
Particular attention will be paid when children express or display concerns about eating to   
ensure planning for learning opportunities provide a level of support to help address these   
concerns.

Cooking with children

Children will have an opportunity to participate in meaningful baking or cooking experiences   
regularly. Children will be supported to follow food management and hygiene processes.   
   
Food safety and hygiene

All staff should engage in the annual update on food management and safety/ house rules,   
indicating they have fully understood the implications for their practice and the setting.

Guidance-On-Food-Management-Hygiene-Mar-24-1.pdf   
Sept-2023-House-Rules-Food-Hygiene.pdf

The nursery has at least one member of the team who holds the REHIS Elementary Food   
Hygiene Level 2 certificate. This member of the team has an overview of the preparation   
of snacks.   
All staff have an awareness of Care Inspectorate’s good practice guidance in the prevention   
and management of choking episodes in babies and children will follow recommend ways   
to prepare food so that it is safe.   
   
Sustainability

Menus have been developed in line with Setting the table and The Eatwell Guide which has   
lower environmental impact than the current UK diet.   
Staff will aim to use food that is grown locally and in season and buy products with minimal   
packing or reuseable packaging.   
When possible, we use fruit, vegetable and herbs that are grown in the setting.   
   
Protecting children’s health   
  
Staff keep up to date with current guidance, legislation and policies to inform practice, this   
includes guidance from Setting the Table, Food Standards Scotland, NHS, Public Health   
Scotland and Care inspectorate.