



## Blackwood Primary School and ELC



### Lunch Policy

Nov 2024

Review date: Nov 2027 (or as required)

**Aim** - At Blackwood Primary ELC we aim to promote a positive attitude towards healthy eating and the enjoyment of trying and experiencing a variety of food. We strive to provide children with an enjoyable, nurturing and relaxing lunch time experience where we can further develop children's social and independence skills, enabling them to become Confident Individuals. We understand the importance of lunch time and how it promotes healthy eating habits that can last a lifetime.

#### Guidance for all ELC Staff-

- A weekly rota has been created for staff which begins from 11:30am. This ensures ratios are covered while the children are having their lunch.
- When children arrive to nursery in the morning they are encouraged to self-select their own lunch. This is in line with the Health and Social Care Standard 1.37: 'my meals and snacks meet my cultural and dietary needs, beliefs and preferences.'
- Miss Marshall or Mrs Lennox will collate the lunch choices each day and give these through to the canteen by 10am.
- Parents are provided with planning of packed lunches to ensure that children's dietary needs are met, and that the food is safe for children to eat.
- Parents are required to put cool packs in their child's lunch box in line with Care Inspectorate guidance.
- We are a Health Promoting nursery therefore children are encouraged to bring water in their lunch box. Parents who have any issues with this should speak to a member of staff who will assist them in completing a waiver.
- Staff should ensure children wash their hands thoroughly before eating their lunch.
- Staff should wear plastic gloves provided at snack area if required due to having a specific skin condition e.g. eczema.
- Staff should follow usual good hygiene practices when preparing or serving food or assisting children with packed lunches.
- Children will be encouraged to develop good eating skills and table manners.
- The lunch tables should be set up appropriately, for example with wipeable table covers, clean cutlery and the Blackwood ELC Lunch menu.
- A table will be prepared every day before lunch time to store the cold food, (sandwiches, fruit, salad, plates etc). These should be placed on top of the large ice packs to keep the food fresh. This should come with written words, quantities and pictures. Tongs will be available for children to self-select.
- Cups should be set up beside the water fountain to allow children to self-select their own water. This helps to develop independence skills.
- Two tables are set up within the playroom. Children are encouraged to come for their lunch between the times of 11:30 and 12:30pm. Our aim is to make lunch times as calm and homely as possible.
- One member of staff is required to sit at each table to supervise the children whilst they eat their lunch.
- A hot plate is sent in with the hot lunches to ensure the food is kept warm.
- Temperatures should be taken and recorded when receiving the food, half way through lunch and towards the end of them. Sandwiches are to be 5c below and soup should be served 63c and below. The weekly lunch temperature chart is stored next to the playroom fridges.
- Children are encouraged to clear up once they have finished their lunch.
- The lunch board should be taken into the playroom at lunch time. Children are required to take off their picture and place on a basket on the table. This notifies staff who has still to have their lunch.

## Curriculum for Excellence

I enjoy eating a diversity of foods in a range of social situations. **HWB 0-29a**

Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. **HWB 0-30a**

I know that people need different kinds of food to keep them healthy. **HWB 0-32a**

I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth. **HWB 0-33a**

I explore and discover where foods come from as I choose, prepare and taste different foods. **HWB 0-35a**

### Audience:

- Children
- Nursery Staff
- Team Leaders
- Support Staff
- SMT
- Parents/Carers
- SLC Personnel
- HMIe
- Care Inspectorate
- Child Smile dental nurse
- Health Visitor
- Students

### Links

- Education Scotland
- Health and Social Care Standards
- HGIOELC
- GIRFEC
- CfE
- SIMOA
- TWCAWW

### Core Resources

- Setting the Table - Nutritional Guidance and food standards for early years childcare providers in Scotland (NHS)
- The Eatwell Guide
- Health and Social Care Standards
- Care inspectorate- Food Matters
- Practice Note- Keeping Children Safe: Supporting Positive Mealtime Experiences in Early Learning and Childcare
- Allergens Chart
- SIMOA

### Health and Social Care Standards - 1, 2, 5

UNCRC Articles - 3, 27, 28, 31

HGIOELC - 2.1, 2.5, 2.7, 3.1