

Infection Prevention and Control

Self-Evaluation:

HGIOELC

CfE Reference

Aim

At Blackwood Primary ELC we appreciate that healthy eating and physical activity are essential for proper growth and development. We aim to promote positive attitudes towards an active lifestyle, healthy eating and the enjoyment of a variety of foods.

Our Vision ...

At Blackwood Primary School and ELC we strive to establish a caring, nurturing and stimulating environment which encourages creativity and curiosity and recognises each child as an individual, enabling them to attain and achieve.

Our Values ...

Friendship, Respect, Equality, Determination

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
- Keeping Children Safe: Practice Note: Supporting Positive Mealtime Experiences

Health & Social Care Standards

1:37- My meals and snacks meet my cultural and dietary needs, beliefs and preferences.

UNCRC

Keeping Children Safe: Practice Note: Supporting Positive Mealtime Experiences

'Meal and snack times in ELC settings offer many rich opportunities for children to connect and engage in conversation with other children and staff. Snack times can contribute to children's learning, development, and health and wellbeing. It encourages settings to think about children's health and wellbeing and give children the best start in life. Meals and snacks should be nutritious and served in a relaxed, calm, pleasurable and safe environment. The environment, location and setting should be well planned and promote a sense of belonging and support social interactions. These important times promote healthy eating behaviours that can last a lifetime. For some children, this may be the only nutritious meal they will receive that day.'

Guidance and Procedures

- Snack is provided centrally to us by South Lanarkshire Council so this will determine the daily selection we offer to children.
- Snack will be varied and should contain food that is full of nutrients, low in sugar or salt, fruit, vegetables and milk products.
- Staff will encourage children to try new foods.
- Staff will promote children's independence skills e.g. helping to prepare snack, selecting their own snack, clearing away dishes. Snack and lunch helper are chosen weekly.
- The only drinks offered at snack time are water or semi skimmed milk.
- All dairy products will be full-fat, however other milk alternatives are available if required.
- Children will be encouraged to develop good eating skills and table manners.
- Snack time should always be supervised sufficiently to ensure children are always safe.
- The 'snack window' should be monitored so that food is kept fresh and appetising for the children.
- There should be a gap between the end of the rolling snack and the next mealtime.
- Staff should ensure there is print and quantities displayed alongside snack.
- Supervision is key to avoid choking in young children. All children in childcare settings, regardless of their age and stage of development, must be supervised during meal and snack times. Practitioners need to stay with children when they are eating. Children should always sit down when they are eating. Children are more likely to choke if they eat while lying down, running around or playing.
- Fruit juices and smoothies should not be made available at any point over the day. While sugars found in whole fruit don't have a negative effect on our health, the free sugars found in fruit juice can be harmful to teeth. Fruit juice is acidic, and the fibre is also lost in processing.

Guidance continued

- Fruit juice, vegetable juice, smoothies, flavoured milk, fruit juice combinations and diluting juice (including no added sugar or sugar free versions) should not be provided at any time in childcare settings due to their high free sugar content and/ or sweet taste.
- Staff should wear plastic gloves provided at snack area if required due to having a specific skin condition e.g. eczema.

Snack Preparation

- Preparation of food should be child focused, taking account of age and ability of babies and children to chew and digest food. It is very important that food size is checked to prevent the risk of choking.
- Staff should follow usual good hygiene practices when preparing or serving food or assisting children with packed lunches.
- A blue apron should be worn when preparing and serving lunch and snack. Staff should ensure they follow good hygiene practices and roll their sleeves to their elbows and wash hand thoroughly.
- Specific chopping boards should be used for specific food types: yellow - meat, green - salad and fruit, brown - vegetables, white - dairy and carbohydrates.
- Green cloths should be used at snack area and paper towels for worktops etc.
- Children should wash their hands before and after snack for 20 seconds, this should be supervised by staff.

Dietary Requirements & Allergies

- Parents/carers of children with special diets/allergies will be asked to provide as much information as possible about suitable foods and the nursery will provide the appropriate snack for individuals. Relevant information and a photograph of these children will be displayed (and kept covered) in the snack area.
- To prevent allergic reactions through cross contamination staff should wash their hands thoroughly with warm soapy water before and after handling allergens, clean surfaces, utensils and equipment thoroughly and regularly using hot, soapy water, before and in between tasks where allergen containing foods have been used/prepared. Foods that contain allergens should be stored separately in clearly labelled containers.
- Utensils should be supervised to avoid cross contamination

Celebrations

- Unfortunately, we cannot accept birthday cakes or treats to celebrate your child/children's birthday in nursery.

Food safety and hygiene training:

Staff	Completed training	Date
R. Lennox		
F. Marshall		
J. Inglis		
H. Stewart		
L. Bryce		
J. Curley		
L. Morrison		
E. Biggart		
L. McGauley		
L. Forbes		
K. Jones		



Blackwood ELC - Healthy Eating and Snack



Updated: March 2025

Review: March 2028

Audience

- Children
- Early Years Workers
- Team Leaders
- Support Staff
- Students
- SMT
- Parents/Carers
- SLC Personnel
- HMIe
- Care Inspectorate

Links



Review: March 2028



Contact number for our Health Protection Team: 01698 858232/858228 E-mail: healthprotection@lanarkshire.scot.nhs.uk	
Contact number for our Environmental Officer: 0303 123 1015 customer.services@southlanarkshire.gov.uk	
Contact Number for our Care Inspectorate Officer: Care Inspectorate Enquiries: 0345 600 9527	
NHS Lanarkshire Health Protection Nurse Jim White Contact Number: 01698 858232	
All of our Staff have read this guidance and agree to adhere to it:	Depute's Signature:
1. Rebecca Morgan - Team Leader	

2. Freda Marshall - Team Leader	

3. Joanne Curley - EYW	

4. Kay Jones - EYW	

5. Arlene McCall - EYW	

6. Heather Stewart - EYW	

7. Lorna Forbes - EYW	

	Team Leader's Signature:



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8. Jennifer Inglis -EYW _____ 9. Emily Biggart - EYW _____ 10. Lynzi Morrison - EYW _____ 11. Lyndsay McGauley - EWSW _____ 12. _____ 13. _____	
All our food handlers have received training in handling food. _____ _____	Depute's Signature: Team Leader's Signature:
Who to contact if there is an outbreak: Lanarkshire Health Protection Team 01698 858232/858228	
Our childcare setting is kept clean and as safe as possible for the children in our care _____ _____	Depute's Signature: Team Leader's Signature:
Our trained first aiders: Rebecca Morgan (Nursery Team Leader) Freda Marshall (EYW/Nursery Team Leader) - Forest School First Aider Lorna Forbes (First Responder & Forest School Trained)	Deputue's Signature: Team Leader's Signature:



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