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**Bathgate Early Years Centre**

**Healthy Eating Guidance**

**Aims:**

* To provide children in our care with a flavoursome, varied and healthy diet.
* To only serve food and drinks that are nutritious and low in sugar and salt, for example bread, cereal (with little or no sugar), fruit, vegetables and milk products.

**These aims will be achieved by:**

* Using best practice guidance when planning our menus (e.g. Setting the Table – Nutritional Guidance and food standards for early years childcare providers in Scotland and Food Matters
	+ [www.careandlearningalliance.co.uk/update-setting-table-guidance/](http://www.careandlearningalliance.co.uk/update-setting-table-guidance/)
	+ Food Matters
	+ [www.careinspectorate.com/index.php/news/4848-food-matters](http://www.careinspectorate.com/index.php/news/4848-food-matters)
* Snack will usually consist of 3 choices (2 made up of fruit or vegetables and 1 starchy food. Dairy will feature regularly (cheese, natural yoghurt]
* The weekly menu will provide children with a varied diet.
* All children will have suitable food available for them.
* All dairy products will be full fat.
* Milk or water will be served during morning and afternoon snack.
* Water will be available at all times.
* Parents of children with special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the foods themselves.
* Food will not be used as a form of reward or discipline.
* Children will be encouraged to develop good eating skills and table manners.
* Allery information is available for all food served.
* No additives will be added to food.

*This Guidance will be reviewed following the Guidance issued with regard to the new Nursery Snack and Meal model from August 2020.*