



In Cawdor Early Learning and Childcare (ELC) we have used the following NHS and Highland Council guidance to shape our approaches to snack and mealtimes:

- [NHS Setting the Table](#)
- [Highland Council Guidance for School Snacks](#)
- [Highland Council ELC Guidance for Lunch and Snack](#)

We aim to have an approach to snack and lunch that:

- promotes a healthy attitude towards food and eating;
- is in an environment that is positive and safe, supported by caring adults;
- enables children to learn about and through nutrition;
- develops children's independence skills.

### Snack

We follow Highland Council's guidance when planning for snack:

[https://www.highland.gov.uk/downloads/file/178/guidance\\_for\\_school\\_snacks](https://www.highland.gov.uk/downloads/file/178/guidance_for_school_snacks)

Setting	Suggested list of foods and drinks for a simple mid-morning break service or after school club	Additional foods and drinks to consider in consultation with pupils and catering staff
<b>Pre-school and Primary</b>	<ul style="list-style-type: none"> <li>• Choice of fresh fruit (such as apples, bananas, grapes, satsumas)</li> <li>• Toast with unsaturated spread</li> <li>• Carrot / cucumber / tomato</li> <li>• Water</li> <li>• Semi-skimmed milk</li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruit (eg: raisins / apricots)</li> <li>• Cheese and crackers / oatcakes</li> <li>• Fruit yoghurt / fromage frais</li> <li>• Frozen yoghurt</li> <li>• Unsalted nuts and seeds</li> <li>• Home baking or lower fat biscuits</li> <li>• Reduced fat crisps</li> <li>• Smoothies, "juicy" or fizzy water</li> <li>• Pure fruit juice (diluted at pre-school)</li> </ul>

### Lunch

In Cawdor we follow Highland Council's ELC lunch menu. This provides children with three choices each day.

[https://www.highland.gov.uk/downloads/download/9/school\\_menus](https://www.highland.gov.uk/downloads/download/9/school_menus)

Our guidance on Special Diets provides information for families, and further details are available on the Highland Council website:

[https://www.highland.gov.uk/info/878/schools/9/school\\_meals](https://www.highland.gov.uk/info/878/schools/9/school_meals)

### Drinks

Throughout the day plan, still water is available for children to self-serve.

At snack and at lunch milk and plain still water are offered for children to self-serve.

### Children's Independence

We support children to develop independence skills through opportunities to:

- set and clear the table
- plan for and prepare snack
- self-serve.



### Developing Positive Eating Habits

We follow the [NHS Setting the Table](#) guidance in developing positive eating habits.

We will encourage children to enjoy sitting and eating and drinking with others and helping each other with their food and drink. This will be supported by adults who interact with children during the mealtime experience.

Children will not be expected to finish everything on their plate and will be allowed extra if they are still hungry.

Children who do not eat the food will be offered an acceptable alternative. As well as regular informal contact with families regarding children's eating habits, if there are difficulties or reluctances that are observed, contact will be made with families to discuss a plan to support their child's eating.

### Nut-Aware School

People who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction.

If someone has a nut allergy, it is not just eating nuts that can cause a severe reaction. Nuts touching the skin or smelling a product containing nuts can trigger an allergic reaction which can cause breathing and swallowing difficulties.

**We request that families do not put any nut products in their child's packed lunch, or give them a snack containing nuts.**

**We request that staff members and visitors do not bring any nut products in to school.**

If you have any questions, please do not hesitate to speak to a member of staff.

### Packed Lunches

If families make the choice to provide a packed lunch, as we do not have refrigerated storage for packed lunches, it is the responsibility of the family to ensure that lunch is kept at the recommended temperature that will not be a risk to health. This may be the provision of an ice pack or insulated container.

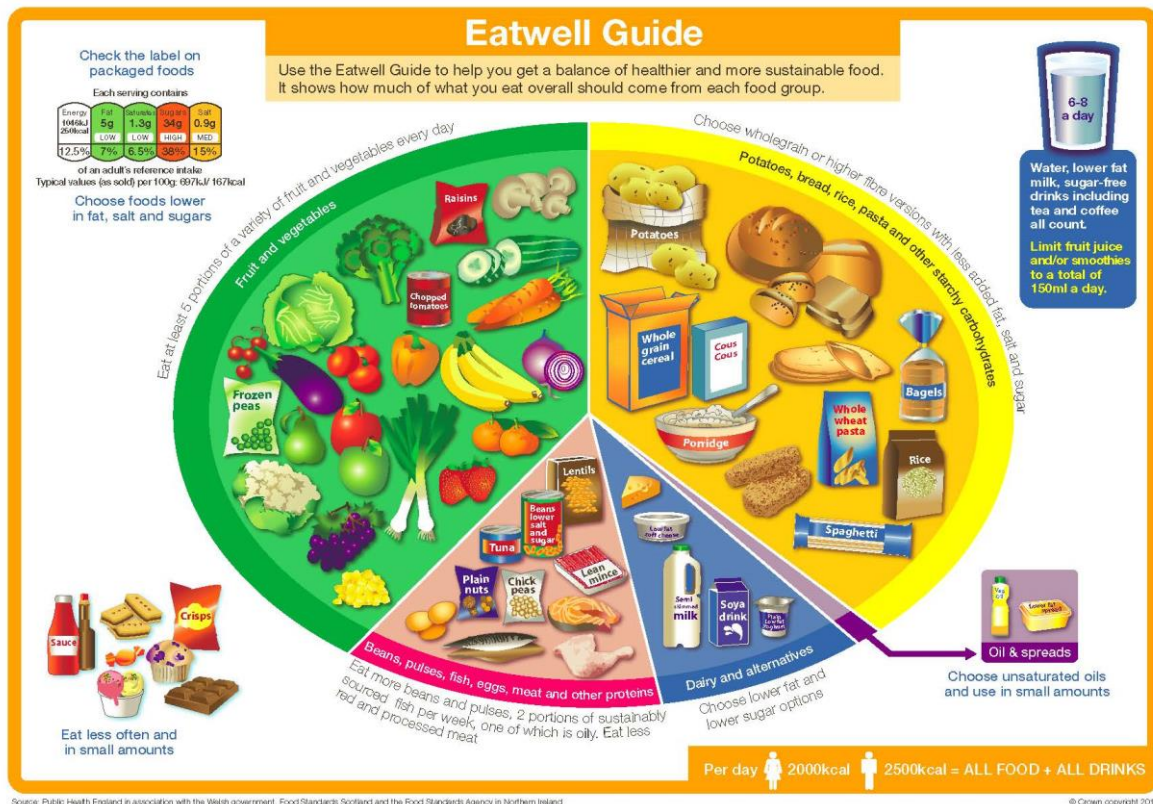
We encourage families to provide packed lunches that contain healthy options.

What to include:

- **Include a starchy food for energy.** This is most likely to be some kind of bread or a wrap. Other starchy foods like oatcakes, rice, pasta or potatoes are also fine. Starchy foods are shown on the top right of the Eatwell Guide.
- **Include a protein based food.** This is most likely to be some form of meat, fish or cheese as a sandwich filling. Pulses or foods made with pulses like hummous and falafel are also fine, not just for vegetarians but for meat eaters too. Protein rich foods are shown in the lower left side of the Eatwell Guide.



- **Include one or more fruit, vegetable or salad item.** Examples include satsumas, apples, bananas or cucumber sticks. These foods are shown on the top right of the Eatwell Guide. Most children would benefit from doubling their current intake of foods from this group.
- You might also want to include a calcium rich dairy food or drink. Examples include milk (which is available in the ELC setting), cheese or yoghurt. Calcium rich dairy foods are shown on the bottom right of the Eatwell Guide.
- **Optional extras:** The most appropriate food for dessert is yoghurt and/or fruit. However, you might wish to include something else sweet every so often, as this reflects the dessert that nursery children having a school meal might have. Something like a plain biscuit or small piece of flapjack is fine. Foods like biscuits or flapjack tend to be quite high in sugar and fat and are shown in the bottom left hand corner of the Eatwell Guide, but not in the main circle, together with the message “*Eat less often and in small amounts*”.



## Foods and drinks to avoid if possible:

- Please do not include sweets, chocolate or crisps. These items are popular but not provided in the school meal for nursery age children so for consistency, we would prefer these items not to be included in packed lunches. These items also belong to the group of foods shown in the bottom left hand corner of the Eatwell Guide, “*Eat less often and in small amounts*” as they too are high in fat or sugar. They can be included sometimes in a healthy balanced diet but are not required and their inclusion in a packed lunch can distract young children with small appetites from the more nourishing items in their lunchbox. Children in Scotland typically consume 3 times the recommended limit for added sugar.
- Please do not include soft drinks that are sweetened with added sugar or sweeteners (fizzy or diluting juice).



## Food safety

If you are providing your child with a packed lunch, then there are ways in which to prepare food so that it's safe

- Remove any stones or pips before serving.
- Quarter (length ways) small fruit and vegetables like cherry tomatoes, grapes and blackberries.
- Cut large fruits into slices rather than chunks.
- Think twice before offering very young children hard, slippery or sticky foods. If serving, these should be cut into small pieces.
- Peel the skin off fruit, vegetables, and sausages (although remember that sausages can be high in salt).
- Cook hard or stringy vegetables such as green beans and carrots until they are quite soft for use as finger foods, rather than offering them raw.
- Remove bones from meat or fish

## Watch out for small round food items

*Children under four years old can choke on these things – please avoid the following:*

- peanuts (*see information above – Cawdor Primary School is a “nut-aware” environment*)
- boiled sweets
- hot dogs
- chocolate eggs with small toys inside
- raw carrots
- popcorn
- nuts (*see information above – Cawdor Primary School is a “nut-aware” environment*)
- sweet items such as mini eggs
- raw jelly cubes, they can get stuck in the throat.

## Additional Support Needs

As part of our ongoing communication with families, additional support that is identified for an individual child to ensure a positive snack and mealtime experience will be identified between the child's family and their key worker. This will be noted in the child's Care Plan and shared with members of the team supporting the child. If a child has input from specialist services regarding their eating behaviours, e.g. dietician, we will work collaboratively with the service, the child's family, and the health visitor (if appropriate) to identify the support required as part of the child's Care Plan.