

Snack & Healthy Eating Policy

We recognise the need to encourage healthy eating from an early age.

The Food Standards Agency for Scotland says:

“The type of sugar we need to eat less of is called free sugar. Free sugar is sugar added to food or drink and found naturally in honey, syrups and fruit juices. We don’t need to worry about sugar which is naturally present in whole fruits, vegetables or milk.”

“Things like sweets, chocolate, biscuits, cakes, sweet pastries, puddings and sugary drinks are high in calories, fat, sugar and/or salt. They’re low in nutritional value too, so they shouldn’t be part of a healthy diet.”

“Children aged 4 to 6 should have no more than 19g (around 5 sugar cubes) a day. Children aged from 7 to 10 should have no more than 24g (6 sugar cubes) of sugar a day.”

As the children that are in our care will be eating food from various places through out the day (at home, in school) we aim to ensure that the food and drink that we provide is as low in free sugars as possible. Fruit is always available should children not like the snack that has been prepared.

More information can be found at <https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition/sugar>

We aim to support children and their families, creating an awareness of healthy eating.

Children and parents are encouraged to share ideas on snacks or select from our pre-approved list. The staff have regular conversations with the children about the importance of healthy eating. Children may bring in snacks from home if they do not like what is provided by the club, however these should support our snack policy.

We aim to provide opportunities and experiences to develop children’s knowledge and understanding of healthy eating concepts.

Children are encouraged (where appropriate) to participate in the preparation and distribution of snack. The staff will supervise them in the use of kitchen equipment and teach them the skills needed to prepare healthy and nutritious food. This can increase the likelihood of them trying new/different foods. This also increases the children’s risk management skills.

We aim to give children well balanced and nutritious snacks.

GO Kids tries to provide the children with snacks that are as low in “free sugars” (as described above) as possible. Any baking activities will minimise the use of free sugars and the food that is made will be taken home. On special occasions (Christmas, Halloween, End of Term parties) the children may be given sweets as prizes/treats, these treats will be taken home for the children to enjoy.

The children are encouraged to try new and different foods, we find that when surrounded by their peers they are more likely to try something other children are eating.

Water is always available to drink throughout the session.

Our Snack policy supports the Health and Social Care Standards:

1.25 I can choose to have an active life and participate in a range of recreational, social, creative, physical and learning activities every day, both indoors and outdoors.

- GO Kids provides the children/young people with healthy choices for snack everyday with the option of a selection of fruit always available. Water and milk are available to drink.

1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.

- GO Kids staff are educated to ensure all snacks are safe and healthy for the children to consume. The children/young people are always consulted as to which snacks they enjoy and would like to have.

1.35 I can enjoy unhurried snack and mealtimes in as relaxed an atmosphere as possible.

1.36 If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.

- Snack areas are set up to be comfortable and relaxed. Where possible children/young people may eat snack outside as a picnic.
- The children/young people are encouraged to eat their snack together and socialise with their friends. Staff will sometimes join them as this is a good time to discuss any issues or things happening in the club. There is no set time that children need to finish snack, any cleaning/tidying will be done once the children are finished. Children are encouraged to follow good table manners.

1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences.

- All dietary requirements are taken seriously whether medical, cultural, or preferred. There will always be a vegetarian option and one which considers any allergy needs within the club. We take this opportunity to educate the children on different dietary requirements and how they can help their friends with allergies.

1.38 If appropriate, I can choose to make my own meals, snacks and drinks, with support if I need it, and can choose to grow, cook and eat my own food where possible.

- We encourage the children/young people to take an active part in the preparation and distribution of snack within the club. This also expands their knowledge of food and risk management while using kitchen appliances under staff supervision. Where we have ample space, the children can also participate in growing vegetables which we can use in the club.

2.24 I make informed choices and decisions about the risks I take in my daily life and am encouraged to take positive risks which enhance the quality of my life.

- The staff encourage the children/young people to use kitchen appliances in a safe way while learning good basic life skills. They may also be able to participate in the use of the fire pit to do basic cooking.

More information found at <https://hub.careinspectorate.com/national-policy-and-legislation/health-and-social-care-standards/>

Food Hygiene and Safety Regulations

GO Kids are registered as a food providing service by Environmental Health. We are therefore regularly inspected to ensure that we meet all Government required Food Hygiene standards. GO Kids is required to comply with the requirements of the Food Hygiene (Scotland) Regulations 2006 and other supporting legislation.

- All staff regularly undertake Food Hygiene training.
- The children and staff have open access to suitable hygiene facilities, including toilets and handwashing facilities.
- All cleaning equipment and chemicals meet the standards set by the Environmental Health department.
- All food preparation areas/equipment meet government requirements.
- All food storage equipment (cupboards, fridges and freezers) meets government guidelines and are regularly cleaned and monitored.
- All food preparation equipment is regularly sanitised on top of daily cleaning.
- All staff have a good knowledge of Allergens in food and cross contamination.
- Records are kept of all food preparation.

More information found at <https://www.gov.scot/publications/space-grow-design-guidance-early-learning-childcare-out-school-care/pages/5/#kit>