

HILLINGDON EARLY YEARS NUTRITION FRAMEWORK

- 1. Breakfast:** Our breakfast has low-sugar cereal, brown or wholegrain breads or a mix of white and brown breads/flours.
- 2. Snacks:** We offer regular snacks and don't give confectionary, crisps, cakes or biscuits. Dried fruit is given as part of a meal, not as a snack.
- 3. Drinks:** We have fresh water available at all times and the only drinks we serve are water or milk.
- 4. Puddings:** We do not give confectionary, chocolate spread or jam after meals (unless jam is part of a milk-based dessert, eg semolina) .
- 5. Celebrations:** There is no requirement for parents/carers to send in celebratory food. We encourage parents/carers to bring healthier alternatives (fruit loaves, oat-based biscuits etc) for birthdays/celebrations.
- 6. Lunch boxes/food brought in:** We ask all parents/carers not to give confectionary, crisps or chocolate for lunch boxes and offer advice on how to pack a healthy lunch.
- 7. Specific dietary needs:** We have a list of all children with food-related allergies and epipens and, if appropriate, have staff trained on the delivery. We will seek information from parents/carers about their children's requirements regarding religious dietary practices or lifestyles choices, eg vegetarianism.
- 8. Health messages:** Change4Life materials are available for our parents/carers. We offer a yearly healthy eating session for parents.
- 9. Cooking and growing:** All children will receive some cooking skills; we focus on healthy meals rather than baking. Each child has the opportunity to see the growth of a food plant.
- 10. Training:** All staff who serve food have a level 2 food hygiene certificate. The manager of every setting has received a two-hour brief intervention training and two-hour early years nutrition implementation training (listed on Learning and Development).
- 11. Sustainable and fair trade:** Where possible, produce such as bananas at snack time or salmon, as part of a meal, are sourced from sustainable or fair trade producers.
- 12. Role modelling:** Our staff do not eat confectionary, or drink soft drinks, in front of children. All staff will be positive at meal times and encourage children to try new foods.
- 13. Five a day:** All children who are at the setting for six hours or more will be offered at least five different fruit/vegetables during the course of the day.

Definitions, further information and statements

- **Chocolate spreads** – include hazelnut-based spreads.
- **Crisps** – baked or fried potato or corn products.
- **Confectionary** – chocolate bars, sweets and cake bars.
- **Oily fish** – includes, mackerel, salmon, sardines and trout.
- **Level 2 food hygiene** – Hillingdon Council provides a free level two equivalent food hygiene course.
- **Jam** – includes compotes, preserves and fruit sauces.
- **Soft drinks** – colas, flavoured waters, carbonated sugared drinks, energy drinks and carbonated juices

Pete Peley

27/04/2015

Manager of Early Years Setting

Dated

