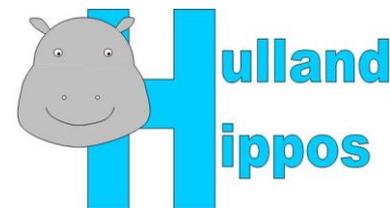


# Hulland Hippos Healthy Snack Policy



## **Why do we think provision of a healthy snack is important?**

1. We believe that developing a healthy diet and good eating habits early in life will lay the foundations for future good health and wellbeing.
2. We are aware of the national drive to reduce the current high levels of childhood obesity. Obese children are at an increased risk of developing various health problems such as Type 2 diabetes and asthma. See Public Health England website [https://www.noo.org.uk/NOO\\_about\\_obesity/obesity\\_and\\_health/health\\_risk\\_child](https://www.noo.org.uk/NOO_about_obesity/obesity_and_health/health_risk_child)
3. Our young toddlers are at the stage of being introduced to solid foods therefore we should promote natural, nutritious foods to establish formative healthy eating habits.
4. Young children are particularly vulnerable to tooth decay which is caused by having sugary food and drinks too often.

## **Our aims**

- That Hulland Hippos children develop a liking for healthy snacks, such as many types of fruit, salad vegetables, low-salt & low-sugar starchy foods.
- That Hulland Hippos children often choose water as a drink when thirsty.
- That snack time is a pleasurable and safe experience for the children and adults.
- That the children develop good eating habits and social skills at snack time, including speaking and listening.

## **To meet these aims, at each session we will provide:-**

- Snacks that meet the national best practice food and drink guidelines for early years - Eat Better, Start Better: [http://media.childrensfoodtrust.org.uk/2015/06/CFT\\_Early\\_Years\\_Guide\\_Interactive\\_Sept-12.pdf](http://media.childrensfoodtrust.org.uk/2015/06/CFT_Early_Years_Guide_Interactive_Sept-12.pdf) Sections of the document especially relevant to snacks between meals are pages 6, 7, 18, 26, 29, 38, 39, 53, 69 and 70. Sweet foods will be avoided in line with these recommendations. However treats will be provided for special occasions and celebrations.
- A table specifically for snacks and drinks. We will discourage children from taking their snack to the play activities.
- Small bowls and plates to limit the amount of food taken thus reducing wasted leftovers.

- Baby wipes for cleaning hands available on the hatch counter at all times and hand washing facilities available in the toilets.

### **When will we provide it?**

- Snacks will be available from 10.00 to 11.00am so that parents / carers can choose the most appropriate time for their child to have a snack. This also ensures there is space at the snack table and queues for choosing snack don't develop. Drinks will be available throughout the morning.

### **Management**

- The Team member responsible for healthy food provision is Penny.
- The team leader and members who are involved in preparing and handling food consider completing training in food hygiene, such as an online Level 2 Award in Food Safety <http://food-safety.org.uk/food-hygiene-course-for-child-care-providers>
- Information about children's special dietary requirements and food allergies is collected by Penny and passed on as a list to the kitchen team, to be kept in the kitchen box.
- Snack tables and high chairs will be cleaned at the beginning and end of each session.

*May 2017*