

# Information for parents

## What food and drink we will give your child

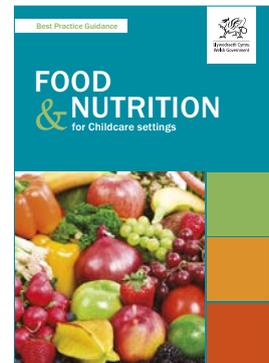


Llywodraeth Cymru  
Welsh Government

As a childcare setting we want to provide the best care for your children.

This leaflet will tell you about the nutritious food and healthy drinks we will be giving to your children. This is based on the new Welsh Government best practice guidance which will help us to do this and meet our regulations for childcare provision.

What are the key food and drink recommendations in the guidance that we are following:



### 1. We offer milk and water only as drinks as these are the best drinks for children.

#### Water

- We will make tap water available at all times and children will be encouraged to help themselves .
- Water quenches thirst, does not spoil the appetite and does not harm teeth.
- Children may need more water during hot weather and when doing physical activity.



#### Milk

- Plain milk will be offered in addition to tap water.
- We provide full fat milk as the main milk drink until at least two years old.
- Semi skimmed milk may be introduced from 2 years providing the child is a good eater and a variety of foods are taken but if we have mainly children under 2 years, we will use full fat milk.



#### Remember:

##### Under 5's

Skimmed milk is not suitable as the main drink for children under five years of age.

##### Over 5's

Children over 5 can be given skimmed or semi skimmed milk.

**Milk alternatives made from oats, soya or nuts may be requested for children and brought in by parents/carers. These need to be unsweetened and fortified with calcium.**

*Note: If we have any concerns that your child is not drinking enough water or milk we will discuss this with you.*

## Why don't we have fruit juice or squash?

Young children are particularly vulnerable to tooth decay and this can have a big impact on the development of their adult teeth, which is why it is so important to have tooth friendly drinks and snacks. Squash and other sugary drinks can cause tooth decay especially if drunk frequently and throughout the day. Although fruit juice has some nutrients, when fruit is blended into a juice or smoothie the sugar content in the fruit is released and can also damage teeth, like squash.

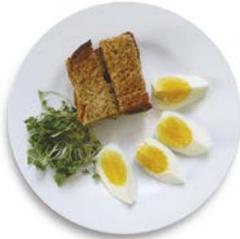
Sugary drinks and low sugar drinks are also acidic which can erode children's teeth. It is especially important not to have these drinks between meals.

## 2. We will offer healthy snacks to your children because we want to help them to be healthy, have energy to play and learn, have good teeth and be a healthy weight.

### We offer these types of snacks:

- Whole fruit cut up as finger foods to ensure children get all the nutrients they need.
- Raw vegetables cut up as finger foods or served with a dip for example carrot sticks and houmous spread.
- Starchy food such as crackers, bread sticks, rice cakes, bread or toast with spread, served with fruit, vegetables or dips
- Dairy foods – for example plain yoghurt served with cut up fruit; sticks of cheese with slices of tomato.

These are some examples from the guidance:

Snack ideas for 1–4 year olds		
<p>Sliced boiled egg with toast and cress</p> 	<p>Crumpets, soft cheese and peppers</p> 	<p>Wholemeal roll with peanut butter and carrot</p> 
<p>Banana, blueberries and yoghurt</p> 	<p>Peppers and carrot sticks</p> 	<p>Oatcakes, cottage cheese and peppers</p> 
<p>Mozarella and green beans</p> 	<p>Breadsticks, bean dip, tomato and avocado</p> 	<p>Rice cakes, cheese and tomatoes</p> 



### **3. We provide the food and meals in the correct portion sizes for your child's age.**

It is important to provide children with the right balance and amounts of foods. This means giving the correct portion sizes, as well as letting children help themselves, so they have healthy growth and development and reach a healthy weight.

### **4. We encourage children to eat well, develop good eating habits and social skills and learn about healthy food through play activities.**

For example a member of staff sits with children whilst talking to them about the food they are eating, we let children help themselves and talk about the food, we have play activities which involve cutting up fruit and vegetables for healthy snacks.

### **5. We follow food safety and hygiene rules in all aspects of food and drink provision as well as in food activities.**

This is very important to ensure we keep children safe and healthy and we are inspected by the local authority environmental health officer.

### **6. We aim to meet the dietary needs of all children in our care.**

This means ensuring that we know about any specific cultural or religious requirement and that we ensure children who have special dietary requirements for a medical condition have what they need.

Please talk to us and tell us about any specific needs that your child has.

**7. We are committed to providing healthy food and drink and display our menus and food policy. We are happy to talk to you about other suggestions.**

Please ask to see our menus and ask about our food policy.

This is an example of a menu from the guidance which we can use to help plan our menus:

Example of a weeks menu					
Week 1: Example spring/summer menu for childcare settings (children aged 1-4 years) 					
Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Malt wheat cereal with milk and sliced banana Crumpet and spread	Cornflakes with milk, raisins and kiwi fruit quarters White toast and spread	Hard-boiled egg and tomatoes with wholemeal bread and spread Banana	Wheat biscuits with milk and mixed berries Half a slice of fruit bread and spread	Crisped rice cereal and milk Half a bagel with spread and melon
<b>Mid-morning snack</b> Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Breadsticks and mixed vegetable sticks	Toasted crumpet, spread and strawberries	Yoghurt and sliced grapes	Wholemeal toast with spread and mangetout	Banana slices
<b>Lunch</b> Planned to provide 30% of a child's daily nutritional requirements Drinks: Water only	Thai chicken curry (or Thai tofu curry) with white rice Seasonal fruit salad	Lamb moussaka (or Lentil moussaka) with garlic bread and mixed salad Rhubarb fool	Pork ragu (or soya and apple ragu) with new potatoes, broad beans and courgettes Pineapple upside down pudding with custard	Salmon and pea risotto (or bean and pea risotto) Blueberry sponge cake	Bean and veggie sausage wholemeal pasta bake Plain Greek yoghurt with raspberry puree
<b>Mid-afternoon snack</b> Planned to provide 10% of a child's daily nutritional requirements Drinks: Milk or water	Cheese (sliced or cut into sticks) and sliced tomatoes	Pineapple slices	Mashed avocado and pitta bread	Mixed chopped seasonal fruit	Cucumber and carrot sticks with crackers and cream cheese
<b>Tea</b> Planned to provide 20% of a child's daily nutritional requirements Drinks: Water only	Bean and tomato gnocchi bake with bread and spread Strawberry frozen yoghurt	Tuna fishcakes (or potato and lentil cakes) with tomato relish Season fruit salad	Pasta with beans and peas Rice pudding with peach puree	Wholemeal English muffin pizza with various toppings Banana slices	Crustless quiche with potato salad and pepper sticks Apple slices and raisins

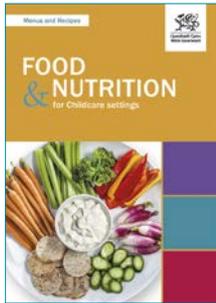
**Note: Fresh drinking water must be available and accessible at all times.**

Example meals for 1-4 year olds	
<p><b>Breakfast – Porridge with milk</b></p> 	<p><b>Lunch – Creamy chicken and leek hotpot</b></p> 
<p><b>Tea – Jacket potato with tuna, sweetcorn and soft cheese</b></p> 	<p><b>Dessert – Bananas and custard</b></p> 

## We want to ensure we support you to help your child enjoy healthy drinks and nutritious food

We want to ensure that your child gets the right balance of foods and meals during the day. Some children are with us all day and have most of their meals with us, some children may have breakfast at home and lunch with us, and other children may only need a snack in the afternoon as they have a meal at home with their family. We will talk to you about what meals your child has at home and what they need in our setting so please tell us if anything changes.

## More information



### Here are some links to further information

You can view the best practice guidance: menus and recipes here:

[www.gov.wales/childcarefood](http://www.gov.wales/childcarefood) and try out the best practice suggestions and meal and snack ideas at home.



For hints and tips on managing mealtimes with your little ones visit: [www.gov.wales/mealtimes](http://www.gov.wales/mealtimes)

**EVERY CHILD**

**10 STEPS TO A HEALTHY WEIGHT**

[www.everychildwales.co.uk](http://www.everychildwales.co.uk)

- 1 Planning a family.** If you are planning to start a family, aim to be a healthy weight. If you as parents are a healthy weight your child is more likely to be a healthy weight too.
- 2 Avoid gaining too much weight during pregnancy.** Pregnancy isn't a good time to try to lose weight but making sure that you gain weight within recommended levels is a good idea for your health and that of your baby.
- 3 Breastfeed your baby.** Babies who are breastfed are more likely to be a healthy weight by school age.
- 4 Wait until your baby is around six months old before giving solid foods.** Before six months old breast milk or infant formula has all of the goodness and nutrients your baby needs.
- 5 Help your baby to grow steadily.** Babies who grow rapidly in the first year of life are more likely to be overweight when they are school age.
- 6 Give children and toddlers opportunities to play outdoors every day.** Children who play outdoors every day are more likely to be a healthy weight.
- 7 Limit screen time.** Children who spend less than 2 hours a day using a screen, including a phone, tablet, computer or TV, are more likely to be a healthy weight.
- 8 Give children fruit and vegetables every day.** Fruit and vegetables are rich in fibre, vitamins and minerals which all help to keep your child healthy.
- 9 Help your children have enough sleep.** Regularly getting enough sleep will help your child be a healthy weight.
- 10 Water and milk are the only drinks your child needs.** These don't contain any added sugars, so your child will be less likely to be an unhealthy weight or have tooth decay.

For more information on helping children to achieve a healthy weight – visit the 10 steps to a healthy weight pages: <http://everychildwales.co.uk/parents/>