



Healthy Eating and snack Policy

Food in school

Rosebank Primary is an inclusive and health promoting environment. There is a commitment to provide well balanced, healthy and varied eating habits for all children in line with Nutrition Requirements for Food and Drink in Schools (Scotland) Regulations 2008.

The following points are considered at all times during our daily practice:

- We ask parents not to supply sweets, chocolate, crisps and other confectionary during snack times as part of the whole school policy we ask for fruit and veg only play snacks. Those children who cannot bring fruit from home will be supplied with a piece by the school.
- We will use the national guidance when planning our tuck trolley and snack contents (see table below).
- Weekly menus will be on display in advance for snack planning.
- The weekly snack menu within the ESA1 will provide children with a varied diet as well as taking into account particular pupils sensory needs around foods and those with a limited diet.
- Parents of children on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves.
- Pupils with ASN may use a preferred food as a motivator to support Picture Exchange Communication (PECS). This would always be planned in conjunction with parents/carers.
- Pupils with a limited diet would always be offered and encouraged a healthy option (but not forced) alongside what they will eat. The staff team may then work on getting the pupil to have a tiny piece of something healthy before they get their choice using a first and then board.

- Curriculum inputs within a context are exempt from the guidance but staff should be measured in their use and transparent to parents. Eg. Scottish food tasting for Burns day or the FairTrade Tuck trolley.
- water will be available at all times
- children will be encouraged to develop good eating skills/ table manners in all aspects of the school day and will be given sufficient time to eat
- all known allergies will be discussed with staff and displayed using individual photographs in the school office/ kitchen/snack area

Fruit and Vegetables	A variety of fruit and/or vegetable portions must be made available in any place within the premises where food is provided. A portion must be at least 40g. A portion of dried fruit should be limited to 15g.
Savoury Snacks	Continuation of savoury snacks to include plain crackers, oatcakes and breadsticks. Only pre-packaged savoury snacks with: <ul style="list-style-type: none"> • pack size of no more than 25g • no more than 22g of fat per 100g • no more than 2g of saturates per 100g • no more than 0.6g of sodium per 100g • no more than 1.5g of salt per 100g • no more than 3g of total sugar per 100g are permitted.
Sweetened and Baked Products	Only products meeting the following criteria can be provided: <ul style="list-style-type: none"> • no more than 7g of total sugar per portion • no more than 13g of fat per portion • no more than 4g saturated fat per portion. Some cereal bars are now recognised in this category instead of confectionary.
Sweetened yoghurts, Fromage Frais and other Milk Products	Are a good source of calcium, important for bone development. However they can be high in sugar therefore a standard for this category is necessary. Maximum portion size is 125g. <ul style="list-style-type: none"> • no more than 10g of total sugar per 100g • no more than 3g of fat per 100g.
Breakfast Cereals	Cereals meeting the following criteria can be provided: no more than 15g of total sugar per 100g, no more than 440mg of sodium per 100g, no more than 1.1g of salt per 100g at least 3g of fibre per 100g.
Oils and Spreads	Only oils and spreads that are high in polyunsaturated and/or fats can be used in food preparation. Oils must contain a total saturated fat content which does not exceed 16g per 100g and– a) a total monounsaturated fat content of at least 55g per 100g; OR b) a total polyunsaturated fat content of at least 30g per 100g. Spreads must meet the following criteria: Fat spreads must contain– a) a total saturated fat content which does not exceed 20g per 100g; AND b) a combined total monounsaturated and polyunsaturated fat content of at least 30g per 100g.
Pastry and Pastry Products	Are high in fat and should be restricted in provision, therefore a new standard is they should not be provided more than twice per week across the school day.

X Red and Red Processed Meat	Is not permitted.
X Confectionary	<p>No confectionary is permitted in any place within school premises. Including:</p> <ul style="list-style-type: none"> • chocolate and chocolate products e.g. bars of milk, plain or white chocolate, chocolate flakes, buttons, or chocolate-filled eggs, and chocolate spread • chocolate coated products e.g. partially or fully-coated biscuits, chocolate coated fruits or nuts, choc ices and chocolate-coated ice-cream and cereals coated with chocolate excludes cocoa powder used in sweetened and baked products (excludes cocoa powder used in sweetened and baked products). • No sweets including sugar-free sweets e.g. boiled, gum/gelatine, liquorice, mint and other sweets, lollipops, fudge, tablet, toffee, sherbet, marshmallows and chewing gum) • no chocolate, yoghurt or sugar-coated dried fruit and nuts • processed fruit sweets and bars
X No fried foods	Including products deep-fried in the manufacturing process (includes donughts).

SNACK PROCEDURES

CLEANING – USE SUMA BAC D10 refer to information sheet

- Suma Bac D10 to be used for cleaning all food surfaces
- Cleaning – spray leave for 30 seconds
- Sanitizing – spray and leave for 5 minutes
- Dilute using measure cap on top of bottle
- Make up on a Friday late/or Monday AM – 2 containers – snack area/galley kitchen
- 7 day product – dispose of any Friday late.

WARNING

- Irritating to skin
- Risk of serious damage to eyes
- Incase of contact with eyes – rinse immediately with plenty of water and seek medical advice.

FOOD

- Check the list in the snack area for any children who have allergies.
- Only small amounts of food to be put out at a time.
- Use small containers for spreads.
- Keep lid on fruit at the snack table.
- Throw out bits of food not eaten at the end of every session.
- Ensure any open jars/bottles are kept in the fridge.
- Check “sell by” dates especially milk and use in rotation, and eggs.
- Ensure food is properly wrapped and stored in the fridge, especially cheese.
- Follow specific guidance on the storage and use of eggs (see attached policy).

- Keep raw food (raw vegetables likely to have been contaminated by soil, and fruit and salad not labelled as ready –to-eat) separate from ready to eat at all times.
- Staff to wash fruit for the day in kitchen, wash down sink with Suma Bac.
- Wash tomatoes/cucumber etc before going in the fridge
- Use separate surfaces and utensils for raw and ready to eat food (coloured knives and boards)
- Staff to wash fruit for the day in kitchen, wash down sink with Suma Bac

CLEANING

- Adult disposable overalls to be disposed of after use.
- Children's aprons washed weekly.
- Sweep the floor at the end of every snack session.
- Wipe up any spills straight away. Use paper towels.
- Clean J-cloth every day.
- Clean T-towels every session.
- Freezer/fridges to be defrosted at the end of every term.
- All dishes/boards/jugs to be washed in the dishwasher.
- Ensure all surfaces are wiped at the end of every session.
- Change washing up water frequently.
- Clean electrical appliances after each use.
- Follow weekly cleaning schedule and sign – use Suma Bac 10 to clean all surfaces.
- Change washing up water frequently.

STAFF

- Ensure all appropriate doors are closed during food preparation time.
- Ensure hands are washed using liquid soap and warm water before handling any snack or lunch food. Wash in between handling different kinds of foods – raw/ready-to-eat.
- If a member of staff has sickness/gastro-intestinal infections, under NO circumstances should they be anywhere near food. This should also be the case if you have a cough/cold/infection.
- Adults and children should be clear of vomiting and gastro-intestinal infections for 48 hours before returning to snack duties.
- Other than a wedding ring and watch, NO jewellery should be worn at the sink area.
- Hair should be tied back.
- Aprons should be worn by the member of staff on snack/lunch duty.
- Only staff to use sharp knives and store safely on shelf in food cupboard.
- Put electrical appliances away after use, e.g. toaster.

CHILDREN

- ALL children to wash their hands before they have snack.
- Aprons to be worn by those preparing snack.
- Remind children not to touch food if they are not going to eat it.
- Children should have their own set of cutlery.
- Make sure hair is tied back.
- Any child with a cough/cold or open wound should NOT help prepare snack.

SNACK PREPARATION STAFF MEMBER (DAILY ROTATION)

- Check milk temperatures and record.
- Rotate milk.
- Check fridge temperatures daily and record.

Reviewed Dec 2025