

Healthy Eating Standards: *For settings providing snacks (and drinks) only*

Food Based Standards	Essential all levels
Snacks - general	
Morning and afternoon snacks are provided as needed	✓
If providing both morning and afternoon snacks, a starchy option is provided at least once a day and a portion of fruit / vegetable is provided at least once a day	✓
If only offering morning or afternoon sessions, the snack should include a variety of both starchy options and fruit / vegetables	✓
Meat, fish, eggs and meat alternatives (e.g. hard-boiled egg, hummus sandwich fillings) can be included as snacks <i>no more than twice a week</i>	✓
Dairy products may be offered as part of a snack (see separate section below)	✓
Spreads can be added to bread / crackers. Use spreads rich in mono-unsaturated and poly-unsaturated fats, e.g. olive, rapeseed, sunflower, soya, safflower based spreads containing fat content of greater than 40g per 100g of spread (i.e. avoiding the 'low fat' or 'light' varieties)	✓
No cakes, biscuits, cereal bars, baked products with added sugar, pastry products, crisps, soups or confectionery are provided	✓
Avoid partially cooked eggs and whole nuts	✓
Foods & drinks containing flavour enhancers such as monosodium glutamate (MSG / E621)) or the following artificial colours and preservatives are not provided: Tartrazine (E102), Quinoline yellow (E104), Sunset yellow (E110), Carmoisine (E122), Ponceau 4R (E124) and Allura red (E129)	✓
Fruits & vegetables	
A variety of types is provided and are served appealingly	✓
Tinned fruit in natural juice is <u>not</u> provided as a snack	✓
Tinned vegetables are always in water, not brine. Tinned tomato is in juice	✓
Dried fruit is <u>not</u> provided as a snack	✓
Starchy options	
At least 3 different varieties of starchy food is offered across the week	✓
Wholegrain varieties are included	✓
Choose bread and bread products with lower salt content (less than 1.5g salt [0.6g sodium] per 100g of product – often shown as green or amber on the food label)	✓



Choose from the following starchy options: <ul style="list-style-type: none">• Plain bread products & crackers, e.g. crispbread, oatcakes, crackers, matzos, breadsticks, rice cakes, melba toast• Any type of bread / toast (variety of white, brown, wholemeal, granary); sandwiches, pitta bread, crumpets, bagels, bread muffins, tortilla wraps• Plain scone, drop scone, plain pancake• Breakfast cereals (<15g sugar per 100g) with or without milk	✓
Dairy options	
Yoghurts, fromage frais, milk, cheese and cream cheese may accompany fruit, vegetable or starchy option; full-fat dairy products are provided for children under 2 years of age	✓
Choose yoghurts and fromage frais that are lower in sugar (<15g per 100g)	✓
Avoid unpasteurised milks and dairy products, mould-ripened cheeses, soft blue-veined cheeses and rice milk	✓
Drinks	
Only milk and water are provided	✓
Water is freely available throughout the day	✓
Semi-skimmed milk is provided to children over 2 years of age (provided they eat a balanced and varied diet)	✓
Whole milk is provided to children under 2 (with formula / breast milk provided to infants as needed), and to children of any age who are fussy eaters with a poor appetite	✓
No squash, fruit juices, milkshakes, smoothies, fizzy drinks, tea, coffee or other drinks containing caffeine and/or other stimulants, are provided	✓