



FOOD AND DRINK

At SCOOSC we regard snack and meal times as important parts of the day. Eating represents a social time for children and adults and provides an opportunity to develop speech and language skills, develop social skills and learn about healthy eating.

BREAKFAST

The children can enjoy breakfast at Breakfast Club until 8.20 and at Holiday Club until 9.15. They have a choice of cereal, toast and fruit. We provide water and fruit squash to drink. Breakfast is included in the price. If children would prefer to bring their own breakfast e.g. cereal, they are welcome to eat it at SCOOSC. Please record on the register each day whether you would like your child to have breakfast.

PACKED LUNCHES

If your child comes in the holiday for a morning or a full day, they will need to bring a packed lunch. We have lunch at 12.30. SCOOSC encourages healthy eating. Please see the reverse of this sheet for information about healthy packed lunches. We do not have fridge facilities to store the children's lunch boxes. Please send your child with an ice pack in their lunch box to keep their food cool.

SNACKS

We have snack time at 3.00 during term-time and at 10.30 and 3.30 in the holidays. We serve a variety of food including cereal, sandwiches, cheese and crackers and fruit. Sometimes we may try new types of food or food that fits in with our daily theme. Alternatively the children may bring extra food in their lunch box to eat at snack time. Staff sit with children during snack times and meal times to support children in developing social skills and independence.

DRINKS

We provide fresh drinking water at all times and fruit squash at snack times and meal times. The children are also welcome to bring a flask, but please do not send fizzy drinks.

ALLERGIES

When you register your child at SCOOSC you will be asked if your child has any allergies, intolerances or major dislikes. This information will be passed onto SCOOSC staff. Please inform us of any changes. We operate a 'no nuts' policy in line with the school. We will do our best to provide alternatives for your child within reason.

MORE INFORMATION

Please call SCOOSC on 07827-322 403 if you require more information.
We will inform you if we have any concerns about your child's eating and drinking.



The School Food Trust has produced packed lunch guidance to support the implementation of the new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The School Food Trust packed lunch guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

Elissa Alcazar

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