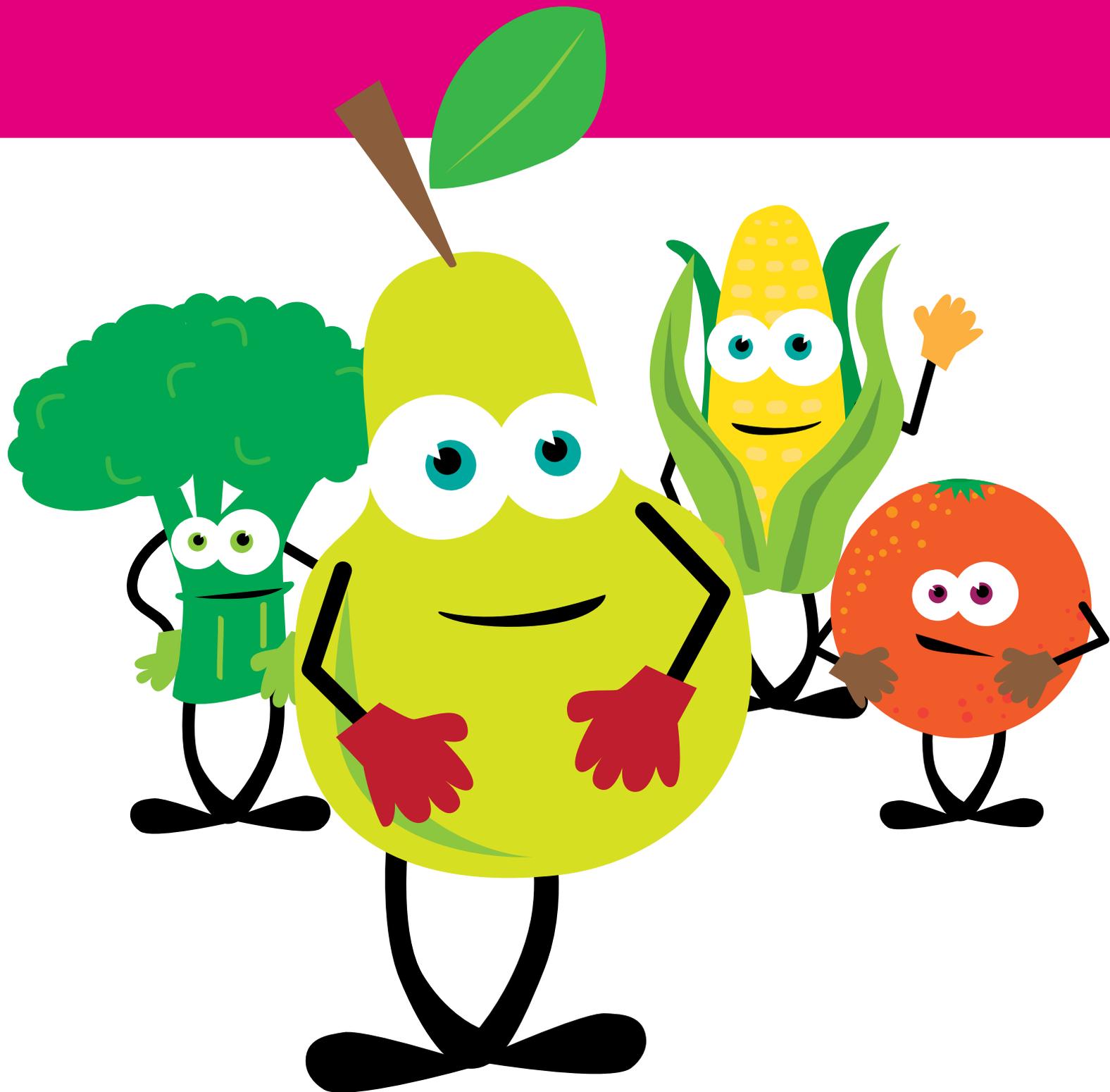


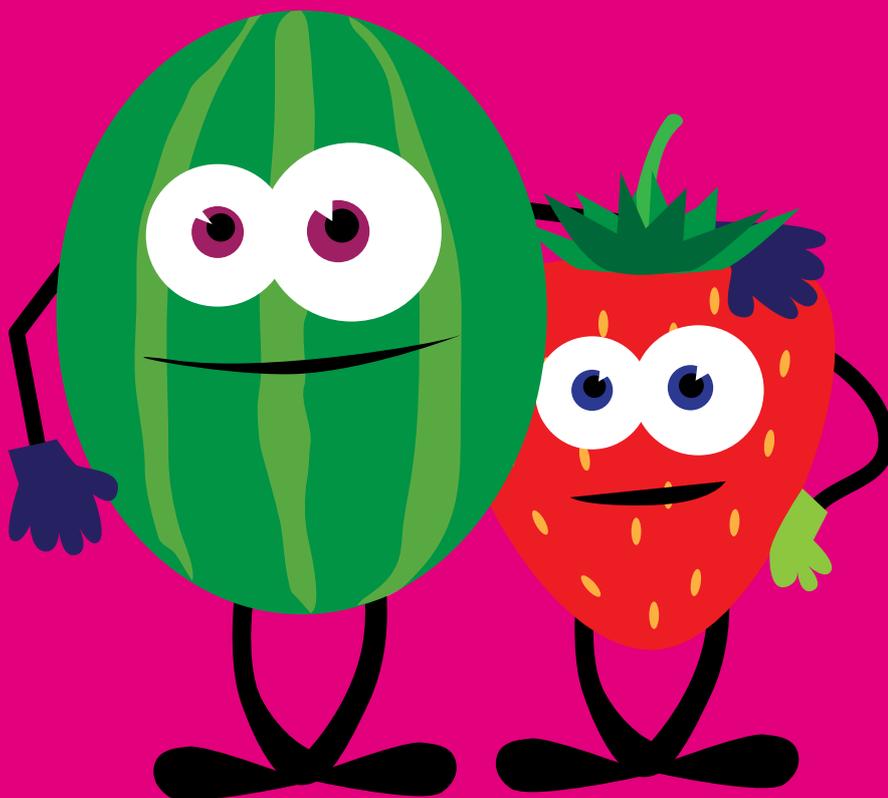


Nippers' Nutrition Programme

Menu planning tool for settings providing snacks



Each day children should be offered a variety of foods from the four main food groups, to ensure they are provided with essential nutrients. The Menu Planning Tool is designed to help you identify which food groups you provide at each meal and snack through the day. This can then be used with the Food Groups Table (see page 4), which details how often children should be offered foods from each group, to help you ensure your menus provide the correct balance of nutrients each day.



Step 1

Using your menus, complete the Menu Planning Tool sheet (see pages 7 to 8) for each day of the week; write down which food items you offer at snack time, in the corresponding box.

Step 2

Use the food groups table, to help you identify if you are offering a balance of foods from each food group at the correct frequency. To help you with this process see the examples on pages 5 and 6 showing an unbalanced and a well balanced menu.

Step 3

Use the Checklist at the end to see if you have a balanced snack menu.

Step 4 'Don't Forget'

Check food labels for salt and sugar content. The Food Standards Agency Traffic Light chart below shows what is considered to be high, medium, low sugar and salt levels. Ensure they meet the criteria guidelines.

	Low	Medium	High
Fat	Below 3.0g per 100g	Between 3.0g and 20.0g per 100g	Over 20.0g per 100g
Saturates	Below 1.5g per 100g	Between 1.5g and 5.0g per 100g	Over 5.0g per 100g
Sugar	Below 5.0g per 100g	Between 5.0g and 15g per 100g	Over 15.0g per 100g
Salt	Below 0.30g per 100g	Between 0.30g and 1.50g per 100g	Over 1.50g per 100g

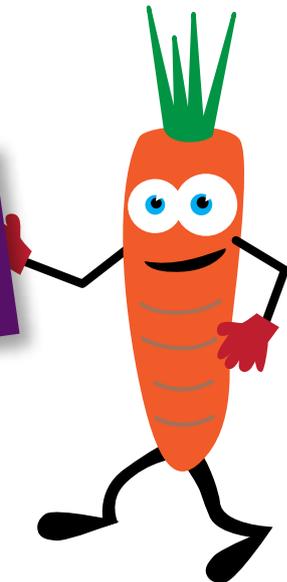


The food group table

Food group	Nutrient(s) provided	How much and how often?
Fruit and vegetables (Includes – tinned, dried, fresh and frozen varieties).	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	Provide a portion of fresh fruit or vegetables as part of at least one snack. Dried and tinned fruit should not be provided as part of snacks. Provide a variety of fruit and vegetables across the day and each week. Check product labels to choose tinned vegetables and pulses without added salt and sugar, and reduced salt and sugar baked beans. Baked beans can count as a vegetable only once each week.
Carbohydrates (Examples includes bread, rice, pasta, potatoes, bagels, bread sticks, crackers, crumpets, etc.)	Carbohydrate, fibre, B vitamins and iron	Provide a portion as part of at least one snack each day. Breakfast cereals should not be offered at snack time. Choose bread and bread products with a low salt content where possible. Provide at least three different varieties of carbohydrate across snacks each week. Limit canned pasta in sauce to once a week. Avoid flavoured dried rice, pasta and noodle products.
Protein (Examples include meat, fish, eggs and beans. Includes tinned fish, mycoprotein meat alternative products, tofu etc.)	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	Food from this group provides a useful source of iron and zinc and should be provided as part of snacks at least once a week. Provide a portion of oily fish at least once every three weeks but no more than twice a week. Limit the provision of processed meat products, fish products and processed products made from meat alternatives to once a week for each of the three types. Offer a source of protein at least once a week.
Milk and dairy (Examples include milk, plain yoghurt, cheeses, custard made with milk.)	Protein, calcium, and vitamin A	Children should have a portion of calcium rich dairy food each day.

Try to offer:-

- Items from 2-3 different food groups at snack times



Example one - unbalanced snacks

	Time of day	Fruit and vegetables	Carbohydrate	Protein	Milk and dairy
Monday	Morning snack	Strawberries			Flavoured yoghurt
	Afternoon snack	Raisins	Breadsticks		
Tuesday	Morning snack	Banana Raisins			Chocolate milk shake
	Afternoon snack	Strawberry smoothie	Wholegrain cereal hoops		
Wednesday	Morning snack	Apple slices	Breadsticks		
	Afternoon snack	Banana	Wholegrain cereal hoops		
Thursday	Morning snack	Tinned pineapple			Flavoured yoghurt
	Afternoon snack	Grapes Apple slices			
Friday	Morning snack	Orange squash	Crackers		Cheese spread
	Afternoon snack		Breadsticks		Flavoured yoghurt

Note: One portion of fruit or vegetables should ideally weigh approximately 40g (excluding inedible skins/cores). This is roughly equal to a child's handful.



Problems with the snack menu:

- On Friday, no fresh fruit or vegetables have been offered at either snack. A portion of fresh fruit and/or vegetables should be offered as part of at least one snack each day
- Thursday afternoon snack only offers food from one food group. Two to three different items should be offered at snack time
- Flavoured yoghurts are invariably high in sugar and should not be served at snack time
- Dried fruit and tinned fruit should not be provided as part of snacks
- Breakfast cereals should not be offered at snack time
- This menu does not offer a portion of protein at any snack time
- Orange squash is not suitable for children under 5 due to it containing artificial sweeteners, offer milk and/or water only
- Smoothies should **not** be served at snack time, offer milk and/or water only
- Canned milks, sweetened milk drinks and sweetened milk shakes contain added sugar and are therefore not suitable for children under 5, offer milk and/or water only



Example two - well balanced snacks

	Time of day	Fruit and vegetables	Carbohydrate	Protein	Milk and dairy
Monday	Morning snack	Strawberries Banana	Tortilla wrap triangles		Full fat natural yoghurt
	Afternoon snack	Cucumber sticks Carrot sticks	Breadsticks	Oily fish dip	
Tuesday	Morning snack	Banana	Wholemeal pitta bread strips		Full fat natural yoghurt
	Afternoon snack	Apple slices Grape quarters	Ricecake		Hard cheese slices
Wednesday	Morning snack	Apple slices Sliced peppers	Breadsticks	Houmous	
	Afternoon snack	Banana Melon slices			Full fat natural yoghurt
Thursday	Morning snack	Fresh pineapple	Wholemeal toast strips		Full fat natural yoghurt
	Afternoon snack	Grapes quarters Apple slices	Oatcakes		Full fat cottage cheese
Friday	Morning snack	Cucumber sticks Tomato quarters	Crackers		Full fat cream cheese
	Afternoon snack	Banana	Tortilla wrap triangles	Smooth peanut butter	

Modifications that can be made to improve the balance of nutrients provided by the snack menu:

Note: the changes are highlighted in pink

- Provide a portion of fresh fruit or vegetables as part of at least one snack each day.
- Provide a variety of fruit and vegetables across the day and each week
- Provide a portion of carbohydrate as part of at least one snack each day
- Provide at least three different varieties of carbohydrate across snacks each week
- Offer a source of protein at least once a week
- Offer a portion of calcium rich dairy food each day
- Swap the flavoured yoghurt for full fat natural yoghurt
- Swap the tinned pineapple for fresh pineapple
- Items from 2-3 different food groups at snack time

Menu Planning Tool

	Time of day	Fruit and vegetables	Carbohydrate	Protein	Milk and dairy
Monday	Morning snack				
	Afternoon snack				
Tuesday	Morning snack				
	Afternoon snack				
Wednesday	Morning snack				
	Afternoon snack				
Thursday	Morning snack				
	Afternoon snack				
Friday	Morning snack				
	Afternoon snack				



Checklist

Questions you should ask	Yes	No	N/A
Do you offer a portion of fresh fruit and / or vegetables as part of at least one snack each day?			
Do you provide at least three different varieties of starchy carbohydrate across snacks each week?			
Do you offer an item based on starchy carbohydrate as part of at least one snack each day?			
Do you offer items from 2-3 different food groups at snack times?			
Do you provide just milk or water as a drink at snack time?			
Do you offer a variety of types, textures and tastes at snack times of vegetables but only fresh fruit?			
If you offer tinned vegetables and pulses are they without added salt and sugar?			
Are baked beans offered no more than once each week as a vegetable and are they reduced salt and sugar ones which do not contain artificial sweeteners?			
Do you provide a variety of wholegrain and white starchy foods each week across snacks?			
Do you avoid providing flavoured dried rice, pasta and noodle products?			
Is canned pasta in sauce e.g. spaghetti hoops offered no more than once a week?			
Do you use pastry (sweet or savoury) no more than once per week?			
Are processed meat fish and vegetarian products limited to a maximum of once a week, for each type?			
Is oily fish available at least once every three weeks but no more than twice each week?			
Is full fat milk used for cooking and drinks for children aged 1- 2 years and if semi-skimmed milk is used, is it only offered to those children over 2 years old, with a good appetite and varied diet?			
If offering yoghurt at snack time, is it plain (natural), full fat, with no added sugar, and not contain artificial sweeteners?			
Is a minimum of 1 portion of calcium rich food offered per day?			
Do you avoid unpasteurised milk, milk drinks and cheese, mould-ripened cheese, soft blue-veined cheese and rice milk drinks?			
Are industrially produced trans fats avoided at all times?			



Questions you should ask	Yes	No	N/A
Are homemade cakes and biscuits never served at snack time?			
Do you limit the use of ready made sauces, dried or liquid, soups, stocks and gravy granules to no more than once a week?			
Are other flavouring methods used in cooking, instead of salt/soy sauce/etc., e.g. herbs, spices, lemon?			
Is unsalted water used when cooking rice, pasta, potatoes & vegetables?			
Do you avoid off the shelf ready made meals and snack foods e.g. crisps?			
Is fresh drinking water freely available, offered and encouraged to the children at all times throughout the day?			
Do you avoid fruit juice drinks, squash, fizzy drinks, flavoured water and drinks containing added caffeine or other stimulants as well as functional foods such as cholesterol lowering?			
Are all processed products provided free from the following additives? - sunset yellow FCF (E110), quinoline yellow (E104), carmoisine (E122), allura red (E129), tartrazine (E102) - ponceau 4R (E124) - all artificial sweeteners - sodium benzoate (E211) - monosodium glutamate (E621)			
Are iron and zinc rich foods available everyday and a variety across the week?			
Are ice cream, lollies or sweetened frozen yoghurts never offered at snack time?			
Do you offer a source of protein at least once a week at snack time?			
Are snacks provided regularly for the children (at intervals of no more than about three hours)?			
Are snacks planned in advance and are for periods of a week or more?			
Are new menus introduced at least twice a year and seasonality is considered			







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