


Snack Chat

Autumn 2021 Edition



The aim of **Snack Chat** is to keep you up to date with any changes to the snack awards, training dates and to send our congratulations to settings who have recently achieved or maintained their award. For each Snack Chat we will focus on a nutrient, this time the focus is on CARBOHYDRATES. We will also give you snack ideas and ideas for activities. We would love to include some of your ideas and initiatives, if you would like to contribute please contact Nia on the email below.

Purpose: is to provide childcare settings and parents with support, information and ideas for healthy snacks and drinks that will be given to young children.




Early Years Nutrition Training

Community Food and Nutrition Skills for Early Years is designed for early years practitioners and aims to equip you with the nutrition knowledge you need to cascade evidence based, consistent food and nutrition messages to children and families and improve food and drink provision in your setting. This training is a requirement if you wish to achieve the Gold Plus Award. For more information on the training please contact:

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The **Gold Snack Award** is an excellent way for childcare settings to show that they are committed to supporting children, families and communities to eat well.

The award helps show that the setting is reaching the Food and Nutrition for Childcare Settings: Best Practice Guidance (Welsh Government, 2018). More information and resources are available at the following links: <https://gov.wales/food-and-nutrition-childcare-settings-full-guidance>

<https://gov.wales/food-and-nutrition-childcare-providers>



Achieving the standard also helps meet the CIW standards and allows parents and carers to feel confident that their child is getting good nutrition with their childcare providers.

Focus on Carbohydrates

Did you know: For young children starchy carbohydrates should be part of a snack at least once a day?

Potatoes, bread, rice, pasta and other starchy carbohydrates

Why is this food group important? Starchy foods provide energy, carbohydrate, fibre and B vitamins.

Food & Nutrition Standards	Best Practice to include these healthy choices	Preparation do's and don'ts
<ul style="list-style-type: none"> Provide a portion of foods from this group at every meal. Provide as part of snacks, at least one each day. Provide a variety each day. Provide bread and bread products with lower salt content. Provide lower sugar breakfast cereals. Provide correct portion sizes. Serve home made or frozen chips/potato wedges/potato products, stir fries or egg fried rice no more than twice per week (one lunch and one tea). If bought 'ready to cook' products, choose those lower in salt and fat. 	<p>All types of bread – wholemeal, brown, wheatgerm, 50/50 white/wholemeal, white, multigrain, soda bread, potato bread, chapattis, naan bread, rolls, bagels, pitta bread, wraps, tortilla.</p> <p>Potatoes or sweet potatoes – boiled, mashed, baked or wedges.</p> <p>Yam, and other starchy root vegetables.</p> <p>Pasta and noodles – wholewheat and white.</p> <p>Rice – brown and white.</p> <p>Other grains such as couscous or bulgur wheat, maize (polenta) and cornmeal.</p> <p>Breakfast cereals Lower sugar cereals which are not sugar coated or contain chocolate, and low-salt cereals such as porridge, puffed wheat, wheat biscuits, crisped rice or flaked wheat. Fortified cereals are a good source of iron.</p>	<p>Do choose bread and bread products with lower salt content – those labelled green (low) or amber (medium) in salt.</p> <p>Limit the use of processed foods and cook from scratch wherever possible. This can maximise the nutritional quality in the food and minimise levels of salt and sugar from a young age.</p> <p>Do use monounsaturated or polyunsaturated fats in cooking, but limit fried starchy foods to no more than once each week</p> <p>Do not use fried rice or flavoured dried rice in packets, and pasta and noodles in pots.</p> <p>If using processed products choose options which are lower in fat, saturated fat, sugar and salt, those labelled green or amber.</p> <p>Do vary breakfast cereals and add cut up fresh fruit – see breakfast recipes.</p> <p>Do check labels – If a food contains more than 22.5g of sugar per 100g, it is considered a high-sugar food. For breakfast cereals for children the lower the better, look for less than 15g sugar per 100g.</p>

Portion sizes: Young children need around 5 portions of starchy foods daily



For more examples of portion sizes please visit: <https://gov.wales/food-and-nutrition-full-guidance>

For more information or snack ideas:

Information and tips:

Gold Standard Healthy Snack Award Guidance: Please contact your local Healthy Pre-school Officer.

NHS Healthy Start: <https://www.healthystart.nhs.uk/>

First Steps Nutrition: <https://firststepsnutrition.org/>

Public Health Wales, Every Child Wales: <https://www.everychildwales.co.uk/>

Healthy and sustainable pre-school scheme:
<https://www.wales.nhs.uk/siteplus/documents/888/HSPSS-Doc%28E%29.pdf>

Nutrition Skills for Life: <https://www.publichealthnetwork.cymru/en/topics/nutrition/nutrition-skills/>

Healthy Pre-school Officers:

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Snack Ideas

First Steps Nutrition Trust, 2018

Crumpets with soft cheese and pepper slices

Ingredients

This recipe makes 4 portions of about 40g crumpet, 30g soft cheese and 40g pepper.

4 crumpets

4 tablespoon full-fat soft cheese

2 medium green or yellow peppers,
washed, stalk and seeds removed



Method

1. Toast the crumpets and cut each into four pieces.
2. Serve with soft cheese and pepper strips.

Snack Ideas

Sweet potato wedges with yogurt dip

Ingredients

This recipe makes 4 portions of about 50g sweet potato, and 25g yogurt for dipping.

2 medium sweet potatoes

1 tablespoon vegetable oil

100g natural full-fat yogurt



Method

1. Heat the oven to 200°C/Gas 6.
2. Scrub the sweet potatoes and cut each one into 8 wedges lengthways.
3. Put the sweet potatoes and oil into a bowl and mix together until the potatoes are coated.
4. Place the wedges on a backing tray and bake for about 30 minutes, turning once after 15 minutes.
5. Allow to cool and then serve with yogurt.

Snack Ideas

Mini avocado and tomato salsa sandwiches

Ingredients

This recipe makes 4 portions of about 80g.

- 1 medium tomato finely chopped
- 2 spring onions finely chopped
- ½ teaspoon garlic paste
- ½ tablespoon fresh parsley, finely chopped
- ¼ teaspoon black pepper
- 4 large slices wholemeal bread
- 1 large avocado mashed



Method

1. Mix the tomato, onions, garlic, parsley and pepper together in a bowl.
2. Spread two slices of bread with the mashed avocado and a layer of salsa.
3. Cut into mini triangles.

Activities

Collages:

- What you'll need – selection of different shapes and colours of pasta and rice, thick paper/card/paper plates, PVA glue, stickers, paint and glitter.
- Children can help to paint the pasta, or use coloured pasta e.g. red, black, green or brown.
- Let the children make pasta faces – using fusilli for hair, shells for eyes and ears, macaroni for mouth and nose or any combination they want to use.
- The children can create pasta gardens using bow pasta as butterflies, real leaves/twigs or other foliage collected by them.

Additional:

The children can use macaroni and penne pasta to make pasta jewellery. Try using coloured pasta, or the children can sprinkle glitter over the pasta shapes using PVA glue to decorate them.

Grow it – Lettuce:

- What you'll need – medium plant pots, seed compost, different varieties of lettuce seed, labels and markers.
- Place some compost in each pot, nearly to the top.
- Make a circular trench (about 1.5cm deep) in each pot.
- Sprinkle a few seeds along the trench. Cover the seeds with compost and then water it.
- Label the pots using decorated labels and markers.
- Water plants every day – twice a day in very warm conditions.

Celebrating Success

Pobl Bach South Wales C.I.C Blaenau Gwent

Pobl Bach is a full day care facility for 2-5 year olds based in a Flying Start Hub in Sirhowy Tredegar.

They have just completed all phases of the Healthy and Sustainable Pre School Scheme and are looking forward to signing up to the Gwent Gold Standard Healthy Snack Award. The practitioner responsible for the outdoor environment Gemma and the children have been working hard during COVID, they have been busy growing fruit and vegetables suitable for the children to prepare and use at snack times. Well done to them all.



Fruit and vegetable garden Update

“What a lovely surprise the children came back to after the summer break, the children were amazed to see what had grown. We had potatoes, strawberries, cucumbers, parsnips, carrots and cabbage. The children enjoyed helping to pick them and wash them but most of all they enjoyed eating them for snack”

Company Director Emma Sheehy



Tiddlers Wrap Around

Caerphilly

“Tiddlers have been growing vegetables, herbs, fruit and flowers for a couple of years and this now happens all year around. Children cook weekly using much of the produce that we grow. We have planted apple, Pear and Peach trees throughout the garden. Recipes are shared with parents via Tapestry online learning journey as is all the children's gardening etc.. The children helped to build a rolling hill mound, wheelbarrowing the soil, measuring the height etc and they helped to turf it! Tiddlers also appeared in Outdoor Learning Wales August newsletter as a case study for outdoor learning.

Children eat some of the vegetables and fruit that we grow at snack time, they also like to cook on the Dutch oven outside and the barbeque. Children have been harvesting Autumn vegetables since our return and we have had a bumper crop of potatoes and Rainbow Beetroots this year.

Parents have really engaged by donating seeds, plants, gardening equipment etc; We have also had donations of soil, wood chippings etc from Wickes and reclaimed soil from Caerphilly Skip hire.

During snack and when planting and harvesting children help to decide what we will grow and what we will cook.”

Company Director Beverly Dickinson



If your setting has news relating to healthy snacks we would love to hear from you. Please contact Nia Osborne

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