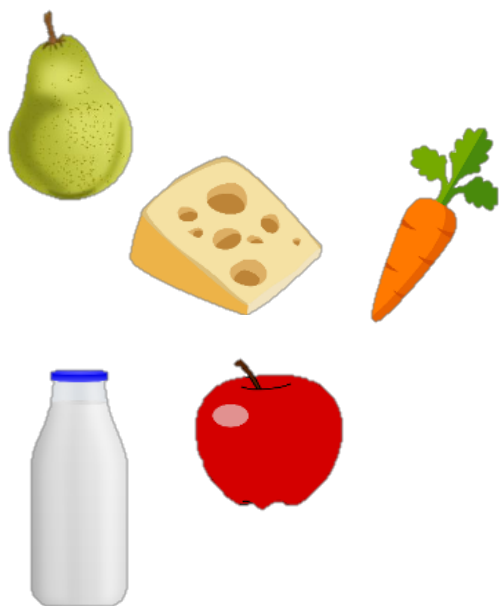


The Gold Standard Healthy Snack Award for Early Years and Childcare Settings



What is the Gold Standard Healthy Snack Award?

The award is for all childcare providers across the Aneurin Bevan University Health Board; including playgroups, childminders, crèches, Cylchoedd Meithrin, and parent and toddler groups. Your childcare/play provider is part of the award because they want to help give your child the best start in life.

The Welsh Government has produced Best Practice Guidance to support childcare in Wales, helping them to offer tasty and nutritious food.

To achieve the snack award, settings must have guidance in place and offer healthy snacks and drinks in a safe and positive eating environment. If your childcare setting has a member of staff trained in food and nutrition, they can receive the Gold 'Plus' Award.

What are Healthy Snacks?

Healthy snacks are lower in sugar and salt and higher in vitamins, minerals and fibre; a list of good snack choices for children is provided, which includes a variety of fruit and vegetables.

Why are Healthy Snacks Provided?

What children eat and drink is crucial in supporting them to grow, learn and develop and to build a good foundation for children's future health and wellbeing. Children who eat well are more likely to be a healthy weight, have healthy teeth and have the energy they need for activities.

Providing healthy snacks and drinks is one of the important ways to give children a good start.

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Nutrition Skills for Life™
Sgiliau Maeth am Oes

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Public Health Dietitians ABUHB

Healthy Snack List

Fresh Fruit and tinned fruit in natural juices

- Apple
- Pear
- Orange/tangerine
- Banana
- Grapes
- Kiwi fruit
- Strawberries
- Pineapple
- Peach
- Melon
- Mango
- Raspberries
- Blueberries
- Plum
- Other Suitable Fruits

Keep dried fruits to mealtimes only

Vegetables and Salad

- Carrot
- Celery
- Cucumber
- Tomatoes
- Avocados
- Peppers
- Green beans
- Sweetcorn
- Beetroot
- Mangetout
- Baby corn
- Sweet potato
- Yam
- Plantain
- Other suitable vegetables

Bread and Crackers

- Wholegrain, multigrain or white bread, toast or rolls e.g.
- Pitta bread
- Flat bread
- Roti/chapatti
- Tortilla wrap
- Plain English muffin
- Crumpet
- Plain bagel
- Cream crackers
- Plain rice cakes
- Breadsticks
- Oatcakes

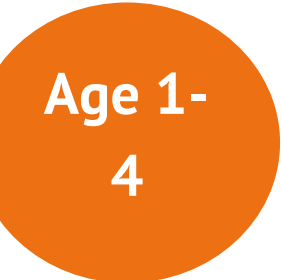
Other

- Unsaturated spread
- Plain natural yogurt or Greek yogurt
- Fromage frais
- Cheese e.g. Cheddar, mozzarella, cottage, cream cheese
- Homemade dip e.g. Raita, tzatziki, salsa, guacamole
- Food containing protein such as; Hummus, boiled egg, chicken, tuna, tahini, low salt peanut/nut butter* can be part of snacks once or twice a week.

Drink

- Water
- Whole milk
- Unsweetened fortified milk alternative

*as long as no child in the setting has a diagnosed nut allergy



Preventing choking
 To avoid choking cut small foods like tomatoes and grapes into quarters and small pieces. Think twice before offering very young children hard foods such as unripe fruit or hard cubes of cheese, slippery foods such as timed peaches and sticky foods. Always ensure young children are supervised when eating.