

Review of Setting the Table

APSE conference
19th November 2019





Aims

- To provide an short overview of the update of Setting the Table

Setting the Table — Nutritional Guidance and food standards for early years childcare providers in Scotland

- Published in 2015
- Covers all aspects of early years establishments
- Based on food standards and addresses whole school approach to food in early years settings



Why the need to update?

- Changes in evidence
- Expanded early learning and childcare scheme
- Update of the school food regulations

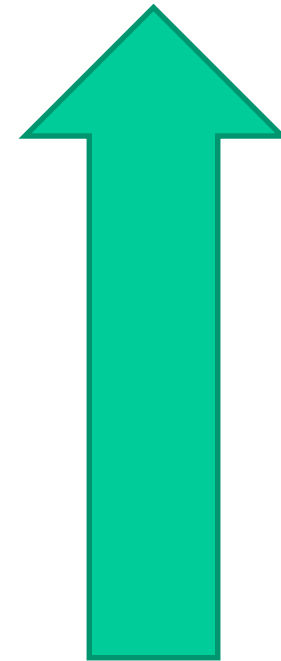
- Technical update
- Update of the guidance

Scientific Evidence for Change

- Scientific Advisory Committee on Nutrition (SACN) recommendations on:
 - Carbohydrates and Health
 - Free Sugars
 - Fibre
 - Iron and Health
 - Feeding in the First Year of Life

Key Changes for Early Years Food & Drink

- Fruit and Vegetables
- Fibre



Key Changes for Early years Food and Drink

- Free sugar
- Red and red processed meat



Food based Standards

- No expectation to nutritionally analyse menus against nutrient standards, but expected to meet food group standards
- We will be modelling menus based on the food standards to ensure that these work in practice. These will be modelled on 90% of energy for a child in full time care.
 - 30% of energy Main Meal
 - 20% of energy Light meal
 - 10% of energy Snacks

Next steps

- Finalise and publish guidance
- Support for early years provisions to highlight the new standards.

Thank you

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