

Setting the Table

Nutritional Standards and Practical Guidance for
Early Learning and Childcare Providers in Scotland



 Scottish Government
Riaghaltas na h-Alba

Parents Guide to Setting the Table 2nd Edition & ELC Mealtimes

A vibrant, close-up photograph of a large assortment of fresh fruits. The pile includes several bright red apples, several yellow lemons, and several orange tangerines. There are also bunches of green grapes, a bunch of black grapes, several bananas, and a few strawberries. The fruits are arranged in a dense, overlapping pile on a checkered cloth. The background is slightly blurred, showing more fruit and a person in the distance.

"Setting the Table :Nutritional Standards and Practical Guidance for Early Learning and Childcare providers in Scotland"

Scottish Government – Ministerial Foreword

“We know that healthy eating and physical activity are essential for proper growth and development in childhood, and that healthy eating habits developed in the early years are often carried into adulthood. That is why we have ensured that every child attending a funded session receives a healthy and nutritious meal as part of their ELC day, supporting both improvement in children’s health by tackling health inequalities and our ambition to halve childhood obesity”.

Setting the Table: Nutritional Standards and Practical Guidance for Early Learning and Childcare providers in Scotland



**Minister for Children, Young
People & The Promise
Natalie Don-Innes MSP**

What do the changes mean for ELC settings?

In Scotland, all registered childcare providers who are providing food (including snacks) and drinks will be responsible for the implementation of the updated **Setting the Table** guidance by August 2025.

When Care Inspectorate Officers are carrying out their scrutiny work, the expectation is that registered childcare providers will be able to demonstrate how they are meeting this guidance in their setting.



Summary of changes to Setting the Table, 2nd Edition

- One set of standards for children aged 1 up to 5 years, previously was 2 sets 1-3 & 4-5 years
 - Now based on the age group with highest nutritional requirements (i.e. 1-2- or 4-5-year-olds)
 - Standard for energy updated to reflect the SACN Dietary Reference Values for Energy
 - Total fat standard updated to maximum of 35% of energy
- New standards added for saturated fat, fibre and folate
 - Standard for non-milk extrinsic sugars replaced with free sugars.
 - Standards for Vitamin D and water removed.
- 
- A photograph showing a variety of fresh fruits and vegetables arranged in a heart shape on a light-colored wooden cutting board. The produce includes a pineapple, yellow bell peppers, green grapes, a white onion, corn cobs, carrots, purple cabbage, red tomatoes, and other colorful items, creating a vibrant and healthy visual.





Summary of changes to Setting the Table, 2nd Edition

A full menu of a main meal, two light meals, two snacks and drinks should provide around 90% of the energy and nutrient requirement for a child in full-time childcare (approximately 10 hours / day).

Energy requirements are split across the following eating occasions:

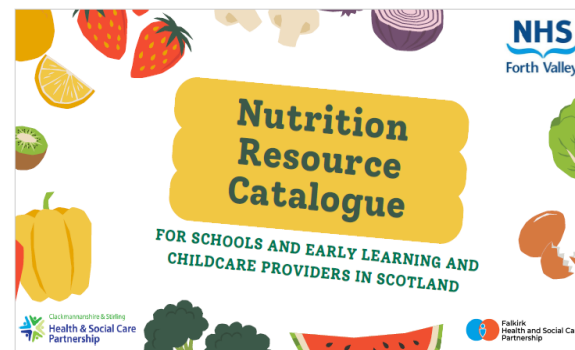
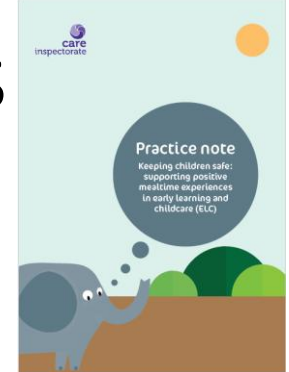
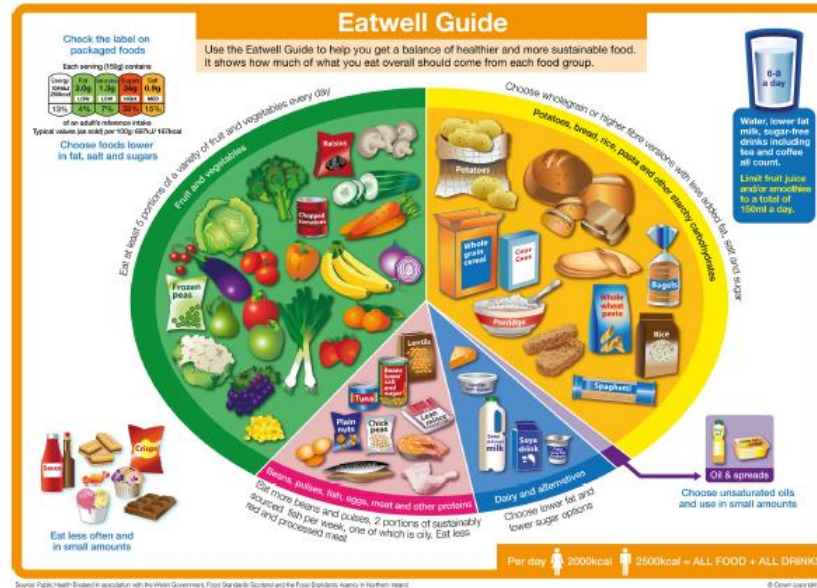
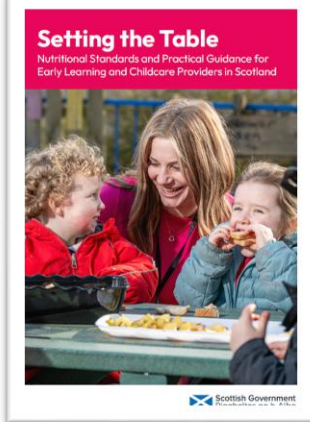
- Light meal – breakfast provides 20% of a child's energy requirement.
- Snack, mid-morning – provides 10% of a child's energy requirement.
- Main meal, e.g. lunch provides 30% of a child's energy requirement.
- Snack, afternoon – provides 10% of a child's energy requirement.
- Light meal e.g. tea provides 20% of a child's energy.

Nutritional Standards

1. Fruit and vegetables
2. Oily fish
3. Red and red processed meats
4. Yoghurts & fromage frais (including non-dairy alternatives)
5. Sweetened and baked products, puddings and desserts (including dairy & non-dairy alternatives)
6. Breakfast cereals
7. Dried foods
8. Savoury snacks
9. Bread & bread rolls
10. Savoury pastry & pastry products
11. Oils and spreads
12. Salt, other condiments and preserves
13. Confectionary
14. Drinks



Key Guidance to support us



What work has been carried out in Falkirk....

In preparation for the implementation of the 2nd Edition of Setting the Table, Falkirk Council ELC and Catering Services staff have been working on our approach to mealtimes and preparing our Food & Nutrition Policy.

Come August the following provision for ELC will be:

- one hot meal per day,
- Snacks – morning & afternoon
- Drinks offered - water / milk / dairy substitute
 - Baking / cooking activities
 - Marvellous Mealtimes - larder approach
 - ELC Food & Nutrition Policy.



ELC Lunch Menus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	FISH FINGERS PEAS & SWEETCORN POTATO DICE	LENTIL SOUP SUPER BEEF GRILL SERVED IN A WHOLEMEAL BUN CUCUMBER	CHICKEN GOJONS BEANS WEDGES PEPPER STICKS	LENTIL SOUP CHEESE OR CHICKEN SANDWICH MIXED SALAD	TOMATO PASTA GARLIC BREAD SWEETCORN
WEEK 2	LENTIL SOUP CHICKEN OR CHEESE FINGER ROLL CUCUMBER	TOMATO PASTA CRUSTY BREAD CUCUMBER	MACARONI SWEETORN MIXED SALAD	BAKED POTATO SALMON OR CHEESE MIXED SALAD CUCUMBER	MINCE PIE CARROTS & PEAS MASH
WEEK 3	TOMATO PASTA CRUSTY BREAD SWEETCORN	LENTIL SOUP CHEESE PIZZA SLICE CUCUMBER STICKS	BREADED HADDOCK SWEETCORN DICE PEAS & POTATO	LINDA McARTNEY SAUSAGE BEANS CREAMY MASH PEPPER STICKS	HOMEMADE CHICKEN CURRY (V*) RICE CHAPATI CUCUMBER STICKS
WEEK 1	NATURAL YOGHURT & MANDARIN ORANGES	N/A	FRUIT	JELLY & FRUIT	NATURAL YOGHURT & FRUIT
WEEK 2	CUSTARD & PEACHES	FRUIT	NATURAL YOGHURT & PEARS	FRUIT	ICE CREAM & FRUIT
WEEK 3	TINNED FRUIT IN JUICE	N/A	ANGEL WHIP & FRESH FRUIT	NATURAL YOGHURT & PINEAPPLE	FRUIT

Portion Sizes

MENU ITEM WEEK 1	NURSERY		MENU ITEM WEEK 2	NURSERY		MENU ITEM WEEK 3	NURSERY
SUPER BEEF GRILL	1 X 57G		PASTA PASTA SAUCE	100G MAX COOKED 60G		PASTA SAUCE	60G
QUORN BURGER	1 X 50G		MACARONI CHEESE	150G		PASTA	100G COOKED
VEGETABLE DIPPERS	3 ONLY		BAKED POTATO CHEESE/ SALMON	110G MAX 25G		PIZZA WHOLEMEAL*	CUT INTO 4 ONE SLICE PER PORTION 95G
BREADED CHICKEN GOUJON	2 x 28G		CHICKEN CURRY	120G 50G MEAT 70ML SAUCE		LINDA Mc CARTNEY SAUSAGE (V)	1 ONLY
PASTA	100G MAX COOKED		QUORN CURRY	120G 50G MEAT 70ML SAUCE		CHICKEN CURRY	120G 50G MEAT 70ML SAUCE
PASTA SAUCE	60G		MINCE PIE	32PTS 1/1 GASTRO		RICE	100G COOKED
FISH FINGERS	2 ONLY					BREADED HADDOCK	1 x85-110G



Sample of a snack menu

Week 1	Morning/Breakfast snack (Between 8-10)	Afternoon Snack (1.45-2.30)	Late Snack (3.45pm – 4.45pm)
Monday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or brown bread.	Fresh Fruit Platter	- Pepper sticks and Houmous dip - Milk or water to drink
Tuesday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or Brown bread.	Fresh Fruit Platter	- Wholemeal Pitta strips with spread and Melon slices - Milk or water to drink
Wednesday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or Brown bread.	Fresh Fruit Platter	- Savoury Crackers and sliced banana - Milk or Water to drink
Thursday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or Brown bread.	Fresh Fruit Platter	- Childrens choice pasta salad - Milk or Water to drink
Friday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or Brown bread.	Fresh Fruit Platter	- Natural yogurt with Berries - Milk or Water to drink

Sample of a snack menu



Week 2	Morning snack (Between 8-10)	Afternoon Snack (1.45-2.30)	Late Snack (3.45pm – 4.45pm)
Monday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or brown bread.	Fresh Fruit Platter	- Rice cakes and mandarin segments - Milk or water to drink
Tuesday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or Brown bread.	Fresh Fruit Platter	- Plain breadsticks and dip - Milk or water to drink
Wednesday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or Brown bread.	Fresh Fruit Platter	- Oatcakes and spread - Milk or Water to drink
Thursday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or Brown bread.	Fresh Fruit Platter	- Vegetable Soup - Milk or Water to drink
Friday	- Suitable cereal choices: Porridge, Weetabix, Cornflakes, shredded whole-wheat, Bran flakes. - Boiled/scrambled egg, Salmon and Tomato sliced with wholemeal toast - Natural yogurt and fruit - Fromage frais - Toast- wholemeal or Brown bread.	Fresh Fruit Platter	- Natural Fromage Frai and Fresh fruit - Milk or Water to drink

 FALKIRK COUNCIL



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A young child with blonde hair, wearing a blue sweatshirt with a 'Stitch' graphic, is pouring milk from a white pitcher into a glass. The child is sitting at a wooden table with a plate of fruit nearby.

- Religious or cultural beliefs
- Food allergies
- Intolerances or,
- Modified diets for other medical reasons.

Relevant HSCS:

1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences.

Setting the Table Guidance: 2024 page 69

When a child has a medically prescribed diet it is important that the [medically prescribed diet referral form](#) is completed.

Medically Prescribed Diet

Appendix 1



Falkirk Council
Children's Services

Medically Prescribed Diets Referral Form

School/Nursery
(please print)

Name Child/
Young Person Date of
Birth

Pupil ref (for school use) Year/Stage

Contact Tel. No.

Parent/Carer contact email address

Type of Restricted Diet

☐ Diabetic ☐ Dairy Free ☐ Egg Free ☐ Gluten Free
☐ Lactose Free ☐ Nut Free ☐ Other (please specify in box below)

Has diet/allergy been referred to or diagnosed by a medical professional? YES ☐ NO ☐

If YES, what date was the diagnosis made?

What is the medical condition that the

PLEASE ATTACH A COPY OF DIETICIAN/GP PRESCRIBED DIET SHEET (copy attached) YES ☐

Other relevant details

GP Name Hospital

GP Address Dietician Name

Dietician Tel. No.

GP Tel. No. Consultant Name

The Council must comply with Data Protection Legislation as defined by the Data Protection Act 2018. You can find out how we handle personal data at <http://www.falkirk.gov.uk/privacy/schools-education/>

Appendix 1



Falkirk Council
Children's Services

Medically Prescribed Diets Referral Form

Signature (Parent/Carer)

Signature (Head Teacher)

Signature (Catering Services Rep)

Return completed form to schools/nurseries who will pass to Catering Services. No change to menus will be made until the form is received and agreed by all parties.

The Council must comply with Data Protection Legislation as defined by the Data Protection Act 2018. You can find out how we handle personal data at <http://www.falkirk.gov.uk/privacy/schools-education/>

Appendix 2



Falkirk Council
Children's Services

Medically Prescribed Diets Declaration Form

Our lunch menus are designed to meet the demands of the most commonly prescribed diets, in terms of the 14 main allergens. However, there are times when a complete [5 day](#) menu cannot be provided due to the complexity of the diet requested.

Where manufactured products are used, Falkirk Council's catering providers rely on the information provided by the manufacturer regarding food allergens. Falkirk Council will not knowingly supply foods that are unsuitable.

School/Nursery

Parent/Carers Tel. No. Parent/Carers Email

Child/Young Person Name Parent/Carers Name

Parent/Carers Address

Declaration (to be completed by parent/carers)

We/I acknowledge and accept that Falkirk Council have made every effort to ensure that the food provided to my/our child/young person [meet](#) the requirements of their medically prescribed diets.

[We/I](#) acknowledge and accept that Falkirk Council cannot guarantee all food has been processed and/or prepared in an environment free from particular products and will not knowingly supply food that [is](#) unsuitable.

We/I acknowledge and accept Falkirk Council's advice regarding the risks to our/my child/young person and that our/my child/young person will take the food provided.

We/I accept it is my/our responsibility to inform the School Representative if there are any significant changes in my/our child/young person's dietary requirement.

Signature (Parent/Carer) Date

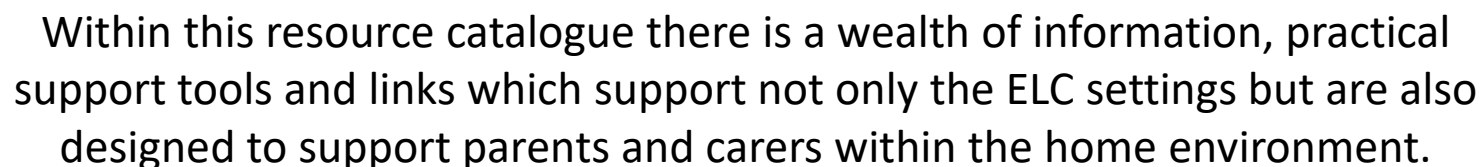
Signature (H/IEY Manager) Date

Signature (Building Services Officer) Date

Return completed form to school/nurseries who will pass to Catering Services. No change to menus will be made until the form is received and agreed by all parties.

For office use only
Menu Start Date Menu Review Date

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*Please note that links are embedded throughout the document, you just need to click on the underlined text.

Please find below link to the Parents Sway document



Parents Guide to Setting the Table, 2nd Edition & ELC Mealtimes

"Eating well is essential for healthy growth and development in childhood. Children's early experiences with food, including the foods they are offered and the eating patterns they are expo...

Acknowledgements

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- Our three Falkirk Settings included in the Setting the Table guidance whose photographs have demonstrated the Marvellous Mealtimes Approach being implemented within Falkirk – Bankier ELC, Bonnypark ELCC and Langlees ELCC
- FC Facilities Services - Catering
- Fiona Anderson – Quality Improvement Officer
- Gemma Paterson – Head of Centre
- Lynette Wilson – Principal Early Years Officer
- Lesley Hetherington – NHS Forth Valley – Community Dietician
- ELC Central Team members
- Senior Early Years Officers across authority