

Nutritionally balanced snacks and lunches

Age and stage appropriate portions and menus

Starters or desserts and two hot meal options at lunchtime



What is the food we serve?

Where does the food come from?

Locally and seasonally sourced Scottish ingredients

Red Tractor Farm assured meats reflect animal welfare standards

All fish meets MSC Standards of sustainability



Your Guide to Food in Glasgow City Council Nurseries

Who decides what food we serve?

Glasgow City Council and Catering and Facilities Management

Nursery and kitchen staff consult with the children to adjust menus

Setting the Table is a guidance publication which aims to provide childcare providers standards for food provision within early years childcare



Give your feedback to the nursery to support improvement

Speak to the nursery about any allergies or dietary requirements

Speak to the Nursery Head about food from home

How can families help?

Further Details

What is the food we serve?

Full details of menus are available in nursery

Nutritional guidance, portion sizes and healthy eating guidelines in Education

www.gov.scot/publications/healthy-eating-schools-guidance-2020/pages/4/



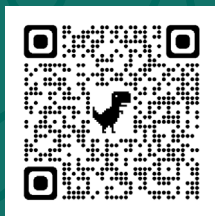
Scan me!

Please scan QR codes with your smart phone to access website information

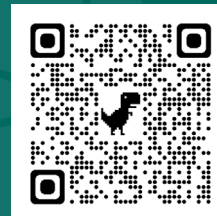
Where does the food come from?

See nursery for full list of Scottish suppliers

Red Tractor information
www.redtractor.org.uk



Marine Society Conservation (MSC) information www.msc.org



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Who decides what food we serve?

Glasgow City Council and Catering and Facilities Management (CFM) are the statutory providers of all foods for education establishments

The voice of the child is always considered and through continuous self-evaluation and consultation within nurseries, child led improvements can be made



The Setting the Table document
www.healthscotland.com/uploads/documents/30341-Setting%20the%20Table.pdf



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How can families help?

To protect all children from potential reactions to allergies, any food coming into a Glasgow City Council nursery from home must be discussed with the Head first

Your child's nursery may invite you to join a taste testing session, or give your feedback in some other way

Any allergies or dietary restrictions must be confirmed in writing from your GP or appropriate consultant. This documentation is needed to ensure provision of alternative foods that your child is able to eat

