



The  
**Golden Apple**  
Award

# Gold Award

## **Aims of the Scheme**

- To have a healthy snack policy - this will promote optimum nutrition and dental health by reducing intakes of salt, fat and sugar while increasing the consumption of fruit vegetables and starchy carbohydrates.
- To improve the standards of food hygiene in child care premises.
- To encourage hand washing and establish good habits at an early age.