



Snack-times and mealtime Policy

Children are supervised during snack and mealtimes and always remain within sight and hearing of staff. A member of staff with a valid first aid certificate is always present at mealtimes, and we ensure that the food provided meets each child's needs.

Snack times

- A 'snack' is prepared mid-morning and mid-afternoon and can be organised according to the discretion of the setting manager e.g. picnic on a blanket.
- Children may also take turns to help set the table. A choice of milk or water is available.
- Children wash their hands before and after snack-time.
- Fruit or raw vegetables, such as carrot or tomato, are offered in batons, which children should be encouraged to help in preparing. Bananas and other foods are not cut as rounds but are sliced to minimise a choking hazard.
- Portion sizes are gauged as appropriate to the age of the child.
- Savoury biscuits, toast, rice cakes or oatcakes are offered.
- Children are not made to leave their play if they do not want to have a snack.
- Staff join in conversation and encourage children's independence by allowing them to serve themselves.

Mealtimes

- Tables are never overcrowded during mealtimes.
- Children are always within sight and hearing of staff at mealtimes
- There is a Paediatric First Aider present at children's meal and snack times.
- Children wash their hands and sit down after taking their lunch box of the trolley.
- Children are encouraged to choose what they want from their lunch boxes
- Staff have their lunch with children. Staff who are always eating with the children role-model healthy eating and best practice, for example not drinking cans of fizzy drinks in front of the children.
- Children are given time to eat at their own pace and are not hurried to fit in with adults' tasks and breaks. They are not made to eat what they do not like and are encouraged to try new foods slowly.
- To protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
- Mealtimes are relaxed opportunities for social interaction between children and adults.
- After lunch children are encouraged to put their rubbish in the relevant bins and help wipe the table and sweep the floor.
- Ten Steps for Healthy Toddlers https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf
- Daily snacks including identification of any foods containing allergens is posted on closed Facebook Group