



Charitable Incorporated organisation No: 1206270
Ofsted No: 2804811

09 Early years practice procedures

09.8 Prime times – Snack-times and mealtimes

Children are supervised during mealtimes and always remain within sight and hearing of staff.

Snack times

- A 'snack' is prepared mid-morning and can be organised according to the discretion of the setting to suit the daily routine.
- Children may also take turns to help serve the snack and drink to their peers, with adult supervision and guidance. Small, lidded plastic jugs are provided with choice of milk or water alongside a healthy snack.
- Children wash their hands before and after snack-time.
- Children are offered water or full-fat milk as a main drink, our snack provided are breadstick and seasonal fruit.
- Portion sizes are gauged as appropriate to the age of the child.
- Staff join in conversation and encourage children's independence by allowing them to pour drinks, cut fruit and serve to peers etc. Staff can eat snack with the children to promote being a positive role model.

LUNCH TIME

- Tables are never overcrowded during mealtimes. And staff sit at the tables with the children.
- All staff are Paediatric First Aid trained and are present at children's meal and snack times.
- Children wash their hands and sit down before snack/lunch is ready to be served.
- At lunch time children are encouraged to collect their own lunch boxes and drink bottle from the trolley and take them back to their table.
- Children are given time to eat at their own pace within the allocated 30 minute lunch time. They are not made to eat what they do not like and are encouraged to try new foods slowly. They are encouraged to tidy away their lunch boxes and drinks returning them to the trolley when they are finished eating.
- 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.
- Children go to the bathroom to use the toilet and wash their hands after lunch. Information for healthy foods/ lunchboxes are in our nursery prospectus and there are regular reminders in our termly newsletters, also displayed in our parents notice board for parents/carers.
- Ten Steps for Healthy Toddlers https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf
- Any individual allergens /dietary needs are displayed at meal times.