

09 Early years practice procedures

09.8 Snack time

Children are supervised during mealtimes and always remain within sight and hearing of staff and where possible are sat facing children whilst they are eating so they can make sure children are eating in a way to prevent choking and also prevent food sharing and be aware of any unexpected allergic reactions. A member of staff with a valid paediatric first aid certificate is always present at snack time and staff on snack duty are responsible for ensuring that the food provided meets each child's needs

- A 'snack' is prepared mid-morning and mid-afternoon and can be organised according to the discretion of the Manager e.g. picnic on a blanket.
- Children may also take turns to help set the table. Small, lidded plastic jugs are provided with choice of milk or water.
- Children wash their hands before snack time.
- Children are offered semi-skimmed milk.
- Children are supervised during snack time and always remain within sight and hearing of staff.
- Fruit or raw vegetables, such as carrot or cucumber, are offered in batons. Bananas and other foods are cut as appropriate to minimise a choking hazard.
- Portion sizes are gauged as appropriate to the age of the child.
- Children have a selection of food from each food group.
- Children arrive as they want refreshment and leave when they have had enough. 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 pour drinks, butter toast, cut fruit etc.
- Information for parents is displayed on the parent's notice board, including:
 - Ten Steps for Healthy Toddlers https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf
 - Weekly menus (allergen information is available on request)