# Wendens Ambo Pre-School

**9.0 Early years practice procedure**

**9.8 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 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. Small, lidded plastic jugs are provided with choice of milk or water.
* Children wash their hands before snack-time.
* Fruit or raw vegetables, such as carrot, are offered in batons, which children should be encouraged to help in preparing. Grapes and cherry tomatoes are sliced in half to minimise a choking hazard.
* Portion sizes are gauged as appropriate to the age of the child.
* Biscuits should not be offered, but toast, rice cakes or oatcakes are good alternatives.
* 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.

**Mealtimes**

* Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.
* Children wash their hands.
* Staff who are eating with the children role-model healthy eating and best practice at all times, 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.
* In order to protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swopping their food with one another.
* Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.
* After lunch children are encouraged to put their rubbish in the bin and put their lunch boxes on the trolley.
* Information for parents is displayed on our website, including:

Ten Steps for Healthy Toddlers <https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf>

Daily snack menu is displayed in the window.