

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 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 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.
 - 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.
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- Ten Steps for Healthy Toddlers https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf
 - Daily menus including identification of any foods containing allergens