

09 Early years practice procedures

09.8 Snack time

- 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)