



Snack-times and lunch times procedure

Children are supervised during mealtimes and always remain within sight and hearing of staff and where possible should be 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 mealtimes.

Snack times

- A 'snack' is prepared mid-morning and mid-afternoon.
- 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, dairy free alternative and water to drink.
- Fruit or raw vegetables are offered, which children should be encouraged to help in preparing.
- 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.
- Staff members are always sat at a table while the children are eating.
- There is a Paediatric First Aider present at children's meal and snack times.

Lunchtimes

- Tables are never overcrowded during lunchtimes.
- Children are always within sight and hearing of staff at mealtimes and where possible sat facing them while they are eating.
- There is a Paediatric First Aider present at children's meal and snack times.
- Children help staff set tables.
- Children wash their hands and sit down and eat their food.
- Children are encouraged to eat their savoury items first.

- Staff who are eating with the children role-model healthy eating and best practice at all times.
- Children are given time to eat at their own pace and are not hurried to fit in with adults' tasks and breaks. They are not made to eat what they do not like and are only encouraged to try new foods slowly.
- To protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
- Food is not used as a reward or punishment.
- Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.
- Information on healthy eating/what to put in your child's lunch box is shared with parents via Tapestry and the website.

This procedure was adopted by	Skylarks Community Preschool	(name of provider)
On	<u>1st August 2022</u>	(date)
Date to be reviewed	<u>1st August 2023</u>	(date)
Signed on behalf of the provider	<u></u>	
Name of signatory	<u>Kathleen Thomson</u>	
Role of signatory (e.g. chair, director or owner)	<u>Manager/Trustee</u>	

Date Reviewed	Changes	Signature
7 th August 2023	General statement added	
14 th August 2024	N/A	
15 th August 2025	Adult always in sight when children eating, First aider always present	
1 st August 2026	Children are always within sight and hearing of staff at mealtimes and where possible sat facing them while they are eating.	

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