



## **Eldene Pre-School & Toddlers**

### **09.8 Snack-times and lunchtimes Procedure**

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.
- All staff to wear gloves when carrying out snack or lunchtime duties.
- Children may also take turns to help set the table. Small 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.

#### **Lunchtime**

- 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 and sit down for their lunch

- 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. They are not made to eat what they do not like and are only encouraged to try new foods slowly.
- 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.
- Children go to the bathroom and wash their hands after lunch.

This procedure was adopted at a meeting of Eldene Pre-School & Toddlers

Held on:- 8<sup>th</sup> July 2019

Date Reviewed: October 2023

To be reviewed on:- October 2024

Signed on behalf of Eldene Pre-School & Toddlers

*A. Hanrahan*

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