

09 Standard Childcare Practice

**09.8 Prime times – Snack-times and mealtimes**

**Snack times**

* A ‘snack’ is prepared mid-morning 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 plastic jugs are provided with choice of milk or water.
* Children wash their hands before snack-time.
* Fruit or raw vegetables, such as carrot or tomato, are offered in batons, which children should be encouraged to help in preparing. Foods are cut as to minimise a choking hazard.
* 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 and sit down ready for food.
* Children are encouraged to choose healthy options first.
* 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.
* 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 menus including identification of any foods containing allergens