

Sticky Fingers aspires to provide a safe, fun and welcoming environment for everyone. We offer children experiences to support their development, empowering them to reach their full potential



Sticky Fingers Pre-School
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09 Early years practice procedures

09.07 Snack-times and lunchtimes (See 03 Food safety and nutrition policy booklet)

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.
- Small, lidded plastic jugs are provided with a choice of milk or water.
- Children wash their hands before and after snack-time.
- Children are only semi-skimmed milk or water as a main drink
- 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.
- We do not offer sweet snacks, 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.
- Children help staff prepare snack in key groups to help develop their cutting skills using child safety knives.

Mealtimes

- 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. These staff members are not those who are supporting the children with their mealtime due to hygiene reasons.
- Children are given 30 minutes to eat their lunch to support transition to school with frequent reminders and visual cues.
- In order to protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
- Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.
- After snack/lunch children are encouraged to scrape their plates and wash them up.
- Children go to the bathroom and wash their hands after eating with soap and water.
- When cleaning teeth, we follow procedures from **04.6 Oral Health**.
- Information for parents is available including:
 - Daily menus including identification of any foods containing allergens,
 - Healthy Lunchbox ideas