



Snack Policy

This policy was adopted at a meeting of:

East Craigs Playgroup

Academic Year 2022/23

Signed: Caroline Wilkinson

Designation: Manager

1. Statement of Purpose

The promotion of children's healthy eating is an important aspect of high-quality childcare and children should have a positive experience which helps to develop lifelong healthy eating habits. Through sharing a positive food experience with others, children's language and social skills can be developed. It is important for staff to consider the individual and cultural needs of any children in their care.

Throughout this guidance the term '*parents*' is used to include all main caregivers.

2. Menu Planning

When planning a snack, staff will consider the individual nutritional needs of the children, the children's stage of development, any allergies they may have and their cultural background. Snack will consist of a carbohydrate (e.g. a biscuit, some crisps, a cracker and cheese spread, brioche etc), fruit, and a choice of either milk and water. Water should be available to all children throughout the session.

3. Environment

The environment should be calm and welcoming and encourage positive social interaction amongst children and staff. Meal and snack times should be used to develop good table manners, establish healthy eating patterns and develop regular eating routines in children. Independence skills should be developed by offering children food and drink choices and encouraging children to serve and feed themselves. Children should be given time to eat at their own pace and not be rushed. Consideration should be given to the space and managing of meal/snack times as well as the type of food provided. Suitable equipment will be provided for all children taking into account their individual needs and stage of development to ensure a positive experience.

4. Space to Eat

Provision of food is an integral part of a care and learning environment. When children have a positive experience of eating and drinking in an early learning and childcare service, it will help them to develop an appreciation that eating can be an enjoyable activity, and understand the role of food within social and cultural contexts on long term health benefits. (As per [Space to Grow](#) Scottish Government 2017).

5. Good Eating Habits

Positive eating habits should be encouraged., Staff should provide an enjoyable, flexible eating experience within the setting, enabling children to develop good eating patterns. They should be encouraged to try small quantities of all types of foods unless on a special diet or for cultural reasons. Quantities of food/drink offered will be determined by the ages of the children and their individual needs. If a child does not want to eat snack or shows signs of distress the food should be removed, without fuss, after a reasonable time.. Relevant information regarding the child's eating habits should be recorded and parents should be informed. Staff should ensure a consistent approach in relation to children's eating habits and offer praise and encouragement whenever possible. Through play, positive attitudes to healthy eating should be developed.

6. Partnership with Families

The setting will work in partnership with parents and any other relevant agencies in their community to promote healthy eating. The day's snack will be displayed in advance on the notice board and available for parents and children to view.

7. Staff Development

The preparation and handling of food should be carried out by competent staff who will have sufficient knowledge to ensure food is safe to eat. Staff should receive training in food hygiene. Food safety and hygiene is the responsibility of each individual setting. The local authority environmental health department will have up to date information regarding food safety legislation and procedures. In line with good practice the setting should aim to have at least one staff member who has a Basic Food Hygiene Certificate. (As per [Setting the Table, Nutritional Guidance and Food Standards for early years childcare providers in Scotland](#) (NHS Scotland 2015 p95).

Monitoring of this Policy

It will be the responsibility of Caroline Wilkinson (*manager*) to ensure that new or temporary staff are familiar with this policy and that the policy is being implemented by all staff.

See also:

Infection Control Policy

Links to national policy

When reviewing your policy, please reflect on the 'Health & Social Care Standards My support, My life'

<https://www.gov.scot/publications/health-social-care-standards-support-life/>

Space to Grow - Section 02 Environment

<https://hub.careinspectorate.com/media/549001/space-to-grow.pdf>