



Heathfield Early Years Centre

Snack Policy

Principles:

H & SCS 1.33 I can choose suitably presented and healthy meals and snacks, including fresh fruit and vegetables, and participate in menu planning.

1.34 If I need help with eating and drinking, this is carried out in a dignified way and my personal preferences are respected.

1.35 I can enjoy unhurried snack and meal times in as relaxed an atmosphere as possible.

1.36 If I wish, I can share snacks and meals alongside other people using and working in the service if appropriate.

1.37 My meals and snacks meet my cultural and dietary needs, beliefs and preferences.

SHANARRI – Healthy, Respected, Included

UNCRC article: 24 – The right to clean water and nutritious food.



Aim:

Heathfield Early Years Centre follows guidance from Setting the Table and works to ensure that all children have the opportunity and are encouraged to eat a variety of nutritious snack in the centre.

Procedures:

- All children will be offered suitable foods – this includes those children with special dietary requirements or allergies.
- Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods.
- A photograph of any child with a special dietary requirement or allergy will be displayed on the inside of the first aid door to ensure that all staff are aware of children's needs.
- Children will wash their hands before and after eating snack
- The temperature of the fridges must be recorded twice a day
- Fruit is provided every day.
- Water will be available with snack and water is available through-out the day.
- **As of April 2025, milk entitlement changes for early years children. Each child is entitled to a serving of 189mls of semi-skimmed milk/dairy alternative per day. This will be provided daily.**
- Parents/Guardians will be advised if their child is not eating well
- Staff will provide a good role model for healthy eating
- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.