

Sound Nursery Snack and Mealtime Policy

At Sound Nursery, we offer a morning snack, a hot lunch and an afternoon snack.

Snack

Morning Snack – between 10:30am and 11:00am.

Afternoon snack – between 2:15pm and 2:45pm.

Snack is prepared by a staff member who has their Food and Hygiene certificate.

- Snacks are rolling with the children being told by a staff member when snack opens and given a reminder to come when the time is getting close to finishing.
- Staff follow guidelines around food preparation from the Institute of Occupational Safety and Health (IOSH) who they undertake the approved Level 2 Certificate course.
- Snack nutritional guidance is taken from the Eatwell, Food Matters and Setting the Table guidance. We operate a three-week snack rota with exceptions for cultural holidays, special days and birthdays.
- Children's views and requests are instrumental to the creation of the weekly snack options.
- Children are encouraged to wash their hands prior to coming to snack, and following snack.
- Children have the option of serving their own snack depending on what is on offer, using tongs, buttering their own cracker etc. They can have milk or water which they can pour themselves from a jug.
- Any specific dietary needs or allergies are catered for, and photos of children with dietary needs are clearly displayed in the kitchen area for all staff to see.

Lunch

Protected lunch is from 11:45am to 1:15pm. This means that no child can be dropped off or picked up during those times.

Lunch is prepared in Sound Primary School canteen by the canteen staff and meeting the National Nutritional Guidelines. It is transferred to a hot trolley, taken and served in Nursery. Nursery staff who hold their Food and Hygiene certificate serve lunch and prepare the pudding option. The hot trolley maintains the food at the correct serving temperature. Canteen staff are aware of all allergies and dietary needs and cater accordingly.

- Lunch is rolling and children can come for lunch from 12:15pm to 12:45pm.
- Children are asked to wash their hands before coming for lunch and after.
- Children are independent in picking their own cutlery, which is in a container on each table.
- Children have the option to pour their own water or milk from jugs that is located on a table in the kitchen area.
- Depending on what the lunch option is staff always look for opportunities for the children to serve themselves. Where possible the sides e.g peas, carrots, salad etc, will be on the table for the children to help themselves to.
- We have a pudding station where the children independently access the pudding option, serving themselves.
- Children are independent in clearing away their plates and cups. Children are given time to enjoy their lunch and are not hurried.
- Children are encouraged to try new things, but are not forced to eat things they do not like.

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- We will always have a basic alternative for anyone who really does not like what is on offer.
- Staff are responsible for cleaning tables and the floor, after lunch service is over. Canteen staff collect the trolley and return it to the kitchen for emptying and cleaning.
- We promote lunch as a time to sit, relax, and socialise with peers and with adults.
- Staff take guidance from the Care Inspectorate, Realising the Ambition Being Me, Infection Prevention and Control in Childcare Settings and the Shetland Islands Council Early Learning and Childcare Food Safety Guidelines.