### **Snack Policy**

#### **Statement of Intent**

We regard snack and meal time as an important part of the day. Eating represents social time for children to learn about healthy eating.

#### Aim

To provide healthy and nutritious snacks in between meals to meet the dietary needs of children and to establish good food choices and social eating practices for life.

#### The Eating Environment

- Snack times will be at structured times not too close to meal times.
  - Staff will sit with the children when they eat and encourage good eating habits and table manners.
- Children will feed themselves with assistance from staff when necessary.
- Children will be given plenty of time to eat.
- Children will be allowed to serve themselves where possible and choose their own snacks.
- Staff will praise children for eating well.
- Food will not be used as a reward.

#### Food

- All snacks will be nutritious, and adhere to the Healthy and Sustainable Pre-School Scheme recommendations.
  - Snacks will be a combination of at least 2 of the food groups always including fruit or vegetables and in line with the recommended foods in the 'Food and Health Guidelines for Early Years Settings (2018).

#### Drink

• Each child will be offered one glass of milk each day. Water will be available throughout the day and at each snack.

#### Parents

- Parents will be advised if their child is not eating well.
  - Parents of children on special diets will be asked to provide as much information as possible about their child's dietary needs.
  - Advice will be given to parents about suitable foods to bring from home and in some cases parents may be asked to provide food themselves.

#### **Birthday cakes**

• We do let parents bring shop bought cakes from home. We do stipulate that the cake will be sent home and not eaten in group.

This Snack policy and procedure was passed for use in Cynfran Pre-school				
On: November 2018	Amended: March 2024			
By: Bethan Watkins	Position: Responsible Individual			
Date of planned review: January 2025				
Tiny Tums Awarded April 2024	Review Date April 2026			

# Summer Menu – March – July

Every child offered a glass of milk daily

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Water	Water	Water	Water	Water
Morning Snack	Apple & Grapes	Seasonal fruit	Carrot &	Seasonal fruit	Carrot &
Approx 10am	with Crackers &	with Rice cakes	Cucumber with	with Rice Cakes	Cucumber with
	spread		Bread sticks		Bread sticks
	A choice of a hot	A choice of a hot	A choice of a hot	A choice of a hot	A choice of a hot
Lunchtime	school meal	school meal	school meal	school meal	school meal
Approx 11.30am	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a
	packed lunch	packed lunch	packed lunch	packed lunch	packed lunch
	from home.	from home.	from home.	from home.	from home.
Afternoon Snack	Water	Water	Water	Water	Water
Approx 2pm	Seasonal fruit	Carrot &	Apple & Grapes	Apple & Grapes	Seasonal fruit
	with Rice cakes	Cucumber with	with Crackers &	with Bread sticks	with Rice cakes
		Bread sticks	spread		
Week Two					
	Water	Water	Water	Water	Water
Morning Snack	Seasonal fruit	Carrot &	Seasonal fruit	Apple & Grapes	Carrot &
Approx 10am	with Rice cakes	Cucumber with	with Rice cakes	with Crackers &	Cucumber with
		Bread sticks		spread	Bread sticks
Lunchtime	A choice of a hot	A choice of a hot	A choice of a hot	A choice of a hot	A choice of a hot
Approx 11.30am	school meal	school meal	school meal	school meal	school meal
	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a
	packed lunch	packed lunch	packed lunch	packed lunch	packed lunch
	from home.	from home.	from home.	from home.	from home.
Afternoon Snack	Water	Water	Water	Water	Water
Approx 2pm	Carrot &	Seasonal fruit	Apple & Grapes	Seasonal fruit	Apple & Grapes
	Cucumber with	with Crackers &	with Breadsticks	with	with Rice cakes
	Bread sticks	spread		Bread sticks	
Week Three					
	Water	Water	Water	Water	Water
Morning Snack	Apple & Grapes	Carrot &	Seasonal fruit	Apple & Grapes	Seasonal fruit
Approx 10am	with Crackers &	Cucumber with	with Rice cakes	with Bread sticks	with Rice cakes
	spread	Bread sticks			
	A choice of a hot	A choice of a hot	A choice of a hot	A choice of a hot	A choice of a hot
Lunchtime	school meal	school meal	school meal	school meal	school meal
Approx 11.30am	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a	(£3.20) Or a
	packed lunch	packed lunch	packed lunch	packed lunch	packed lunch
	from home.	from home.	from home.	from home.	from home.
Afternoon Snack	Water	Water	Water	Water	Water
Approx 2pm	Carrot &	Seasonal fruit	Apple & Grapes	Seasonal fruit	Apple & Grapes
· · ·	Cucumber with	with Rice cakes	with Crackers &	with Rice cakes	with Breadsticks
	Bread sticks		spread		
		on from tinned ning	•	1	1

\*\*\*\*\*Seasonal fruit will be a selection from tinned pineapple, melon, water melon

## <u>Winter Menu – September - February</u>

Every child offered a glass of milk daily

Morning Snack Approx 10amWaterWaterWaterWaterWaterWaterCarrots & Seasonal fruit Curumber with Bread sticksWaterCarrots & Seasonal fruit with Rice CakesCarrots & Curumber with Bread sticksCarrots & Curumber with Bread sticksCarrots & Curumber with Bread sticksCurumber with WaterCarrots & Curumber with Bread sticksWaterCarrots & Curumber with Bread sticksLunchtime Approx 11.30amA choice of a hot school meal (£3.20) Or a packed lunch from home.A choice of a hot school meal (£3.20) Or a packed lunch from home.A choice of a hot school meal (£3.20) Or a packed lunch from home.A choice of a hot school meal (£3.20) Or a packed lunch from home.A choice of a hot school meal (£3.20) Or a packed lunch from home.A choice of a hot school meal (£3.20) Or a packed lunch from home.A choice of a hot school meal (£3.20) Or a packed lunch from home.MaterWaterWaterAfternoon Morning Snack Approx 10amWaterWaterWater Carrots & Cucumber with with Rice cakesWaterWater Seasonal fruit with Rice cakesWater Seasonal fruit with Toast & spreadWaterWater Carrots & Cucumber with bread sticksWaterWater Seasonal fruit with Toast & spreadCarrots & Cucumber with bread sticksCucumber with with Toast & spreadCarrots & Cucumber with spreadCucumber with spreadCucumber with spreadCarrots & Carrots & Cucumber with spreadCucumber with
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Toast & spreadspreadsticksToast & spread
Week Three
WaterWaterWaterWater
Morning SnackApple & GrapesCarrots &Seasonal fruitApple & GrapesSeasonal fruit
Approx 10amwith Crackers &Cucumber withwith Toast &with Breadwith Rice cakes
spread Bread sticks spread sticks
A choice of a
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Snack Approx Carrots & Seasonal fruit Apple & Grapes Seasonal fruit Carrots &
2pmCucumber withwith Crumpetwith Crackers &with Toast &Cucumber with
Bread sticks & spread spread spread Bread sticks

\*\*\*\*\*Seasonal fruit will be a selection from pear, satsumas and peaches

- Week one start of term, week two second week of term, week 3 third week of term , week one fourth week of term
- Water is available throughout the day
- Lunch boxes are stored in the cloakroom (STRICTLY NO NUTS)
- Snack made on Pre-school premises in the kitchen.
- Fruit/Vegetables could vary. Please see our Summer and Winter menus
- Semi skimmed milk is provided by the Cool Milk scheme.
- School lunches are prepared by Ysgol Cynfran's School Cook, the menu is available <u>here</u>.
- If for any reason we have to amend or change this menu, we will offer a suitable alternative.
- Our snacks contain allergens. They COULD include gluten, milk, nuts/peanuts, sesame, celery, eggs, soya, shellfish, molluscs, sulphur dioxide, mustard, fish mustard and lupin.
- Please see attached allergen sheet
- In order to protect children with food allergies, we have a **strict no food sharing and swapping food** with any other children.
- Staff members are trained to be aware of foods that may trigger an allergic response and are trained in how to respond to an allergic incident if it occurs.
- \*\*\*\*\* Please inform us via the attached form if your child has any food allergies\*\*\*\*\*
- Menu and portions guidance: <u>https://gov.wales/food-and-nutrition-childcare-providers</u>

This Snack Menu was passed for use in Cynfran Pre-school			
On: November 2019	Amended: April 2024		
By: Jennifer Haven / Bethan Watkins	Position: Responsible Individual		
Date of planned review: January 2025			
Tiny Tums award date April 2024	Review date: April 2026		