

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
Morning Snack Approx 10am	Water Apple & Grapes with Crackers & spread	Water Seasonal fruit with Rice cakes	Water Carrot & Cucumber with Bread sticks	Water Seasonal fruit with Rice Cakes	Water Carrot & Cucumber with Bread sticks
Lunchtime Approx 11.30am	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.
Afternoon Snack Approx 2pm	Water Seasonal fruit with Rice cakes	Water Carrot & Cucumber with Bread sticks	Water Apple & Grapes with Crackers & spread	Water Apple & Grapes with Bread sticks	Water Seasonal fruit with Rice cakes
Week Two					
Morning Snack Approx 10am	Water Seasonal fruit with Rice cakes	Water Carrot & Cucumber with Bread sticks	Water Seasonal fruit with Rice cakes	Water Apple & Grapes with Crackers & spread	Water Carrot & Cucumber with Bread sticks
Lunchtime Approx 11.30am	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.
Afternoon Snack Approx 2pm	Water Carrot & Cucumber with Bread sticks	Water Seasonal fruit with Crackers & spread	Water Apple & Grapes with Breadsticks	Water Seasonal fruit with Bread sticks	Water Apple & Grapes with Rice cakes
Week Three					
Morning Snack Approx 10am	Water Apple & Grapes with Crackers & spread	Water Carrot & Cucumber with Bread sticks	Water Seasonal fruit with Rice cakes	Water Apple & Grapes with Bread sticks	Water Seasonal fruit with Rice cakes
Lunchtime Approx 11.30am	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.
Afternoon Snack Approx 2pm	Water Carrot & Cucumber with Bread sticks	Water Seasonal fruit with Rice cakes	Water Apple & Grapes with Crackers & spread	Water Seasonal fruit with Rice cakes	Water Apple & Grapes with Breadsticks

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

Winter Menu – September - February

Every child offered a glass of milk daily

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack Approx 10am	Water Apple & Grapes with Crackers & spread	Water Seasonal fruit with Crumpet & spread	Water Carrots & Cucumber with Bread sticks	Water Seasonal fruit with Rice Cakes	Water Carrots & Cucumber with Bread sticks
Lunchtime Approx 11.30am	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.
Afternoon Snack Approx 2pm	Water Seasonal fruit with Toast & spread	Water Carrots & Cucumber with Bread sticks	Water Apple & Grapes with Crackers & spread	Water Apple & Grapes with Crumpet & spread	Water Seasonal fruit with Rice cakes
Week Two					
Morning Snack Approx 10am	Water Seasonal fruit with Rice cakes	Water Carrots & Cucumber with Bread sticks	Water Seasonal fruit with Toast & spread	Water Apple & Grapes with Crackers & spread	Water Carrots & Cucumber with Crumpet & spread
Lunchtime Approx 11.30am	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.
Afternoon Snack Approx 2pm	Water Carrots & Cucumber with Toast & spread	Water Seasonal fruit with Crackers & spread	Water Apple & Grapes with Bread sticks	Water Carrots & Cucumber with Toast & spread	Water Seasonal fruit with Rice cakes
Week Three					
Morning Snack Approx 10am	Water Apple & Grapes with Crackers & spread	Water Carrots & Cucumber with Bread sticks	Water Seasonal fruit with Toast & spread	Water Apple & Grapes with Bread sticks	Water Seasonal fruit with Rice cakes
Lunchtime Approx 11.30am	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.
Afternoon Snack Approx 2pm	Water Carrots & Cucumber with Bread sticks	Water Seasonal fruit with Crumpet & spread	Water Apple & Grapes with Crackers & spread	Water Seasonal fruit with Toast & spread	Water Carrots & Cucumber with 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 [here](#).
- 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: <https://gov.wales/food-and-nutrition-childcare-providers>

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