

**16. Lunchtime and snack time policies and procedures**

Fresh drinking water is available to all children at all times.

Milk is available at breakfast, snack, lunchtimes and for afternoon tea if preferred.

For breakfast children will have the choice of toast and/or cereals.

Lunch is provided by on site cook. A menu is on the parent’s notice board in the entrance lobby. The food is predominantly free range, organic, whole meal, etc., we follow the Safer Better Business procedure and are checked annually by Environmental Health, we currently have 5 stars and these are on the front door. We record, fridge temperature, freezers and food temperature.

Where appropriate to their age and capabilities children will be encouraged to prepare for food by counting forks, plates, etc. These are very sociable opportunities that are used to encourage conversation and discussion. Good manners have been introduced by way of the ‘Please and Thank You’ song incorporating the use of Makaton. Staff will sit with the children and often eat the same food. Children are encouraged to serve themselves with adult support and feed themselves.

The children will each be given a Cheeky Wipe at the end of lunch, etc so that they may clean themselves. Children in the baby unit will be encouraged to feed themselves, when old enough and in agreement with parents (despite the inevitable mess) in an effort to encourage co-ordination skills and a sense of emotional well-being through personal achievement.

At snack time the children will benefit from having a variety of fresh fruit available, occasionally they may be given a biscuit. They will be encouraged to help prepare fruit using safety knives.