

Termoncanice Nursery Unit

Snack Policy

Rationale

Snacks are an important part of a child's diet and should be as nutritious as possible. Good snacking habits affect IQ performance and dental health. High sugar snacks can contribute to poor dental health. Poor nutrition in childhood may lead to long - term health problems. Northern Ireland has one of the highest rates of Heart Disease and Cancer in the world and a significant proportion of the adult population are overweight. Diet plays an important role in the prevention of these diseases. Promoting the message of healthy eating in children lays the cornerstone for minimising the risk of these diseases in later life.

Statement of Intent

To Promote Healthy Snacks in Termoncanice Nursery and promote healthy snacking habits in children. This nursery regards snack time as an important part of the Nursery session. We believe that eating represents a social time for children and also helps the children to learn about healthy eating. We integrate snack time into the planned Nursery session to enable a smooth running of the day.

Objectives

Before a child starts to attend the Nursery we find out from parents their child's dietary needs including any allergies.

We ensure all staff and volunteers are fully informed about individual children's needs.

At snack time children will be encouraged to;
Drink water or milk
Eat a healthy snack

Parents are asked to support our Healthy Snack Policy by encouraging their children to participate in our daily snack.

Termoncanice Nursery staff will ensure that only healthy drinks and food are provided at snack time.

Our Board of Governors is committed to our policy on Healthy Snacks.

SNACK PROCEDURES

Snack is on-going throughout free play time. One member of staff will sit at the snack table with the children. They will alert the children who are playing when a seat becomes available by ringing a triangle.

The children will be encouraged to move to the snack table when they feel ready. The children will be encouraged to follow the routines of snack time - washing hands, posting symbol/name in the Snack Post box - choosing cup/bowl - sitting with their peers in a small group at the snack table. The children will use ceramic cups and bowls. They will be able to select their own snack buffet style.

Snack time gives the children the opportunity to choose their cup/bowl, pour their drink, choose and serve their cereal, and select and serve their fruit, bread, etc. They will also be encouraged to butter their bread or make a sandwich.

When the children have finished their snack, they will be encouraged to tidy away their bowl/cup/spoon etc. and empty any remaining drink into a bowl. They will have opportunities to wash and dry their cup/bowl.

The children will be encouraged to brush their teeth after having snack. They will be able to choose their own toothbrush from the "toothbrush bus" and put the toothpaste on their toothbrush. This routine reinforces the importance of good dental hygiene.

Staff will use snack display boards to develop children's early mathematical and early language skills during snack time.

This snack routine provides the staff with opportunities, to talk informally about healthy eating habits, and encourage good table manners. It is also an opportunity for the children to build friendships as they enjoy a snack together.

Monitoring and Reviewing

This policy will be reviewed on an on-going basis and more frequently if the need arises by the Principal, Vice-Principal, Nursery Coordinator and Board of Governors.

Signature.....
Nursery Coordinator
Date.....

Signature.....
Principal
Date.....

Signature.....
Chairperson of the Board of Governors

This policy was reviewed in October 2017

