

Snack time

Strategies / Interventions

What is rolling snack time / bar?

Rolling snack time / bar allows children to participate in snack time when they feel ready to and encourages independence.

This can work really well and is seen to be less disruptive to children's play and learning.

A rolling snack bar should be open for a specified length of time.

- Promote good hygiene and remind children to wash their hands before eating.
- Encourage children to choose a plate, cup and their own snack.
- Children should have a choice of milk or water in a small jug and be supported and encouraged to pour their own drinks.
- Tell the children that the snack bar is open and to give them a 5 minute warning when the snack bar is closing.
- Keep track of the children who have had snack, children could be their name / photograph in a box to indicate that they have had a snack.
- Encourage children to tidy up after snack, placing plates and cups in a washing up bowl.
- Allocate one member of staff to manage the snack table, it should be their role to maintain good hygiene, encourage children to try new foods and to encourage communication and teach new skills and to monitor who has had a snack.
- Staff to role model how to cut fruit/ vegetables, pour a drink or spread butter on bread or crackers.
- Have a snack menu with photographs and written words of each of the foods and drinks.

