03 Food Safety and Nutrition Policy

**03.06 Snack**

At Old Newton Fives we provide a daily snack for all children at the cost of 50p per session. Through this we advocate and teach the importance of healthy eating. We also teach social skills by encouraging sharing, appropriate meal time discussions, passing items to each other, in addition to physical skills such as pouring, lifting, spreading and cutting.

If you choose to opt out, you are required to provide your own snack for your child and you must inform us at the start of each term and send it in each session. We do not have the facilities to store bulk snack for each child, thus it must be brought in each day your child attends in a labelled pot separate from their lunch box. When providing snack for your child, it must be fresh fruit or vegetable and a carbohydrate according to the following guidelines. This is inline with our healthy eating policy and what is offered by the preschool:

* A portion of appropriately prepared fruit or vegetable in line with our choking guidelines. Acceptable fruits and vegetables are apple, orange, banana, pear, carrot, cucumber (a pre portioned pot of hommous)
* A portion of carbohydrates. Acceptable carbohydrates are breadstick, rice cake (must not be yogurt or chocolate coated), plain unfilled crackers or cracker breads (with a pre portioned pot of butter if required), a portion of bread (with a pre portioned pot of butter if required), dry unsweetened whole grain cereal (e.g cheerios - no nuts)

As part of our funded provision we provide water or government funded cows milk for all children, as well as cutlery, plates, bowls, cups and washing up facilities for the children to use independently.

Choking Guidelines

Choking is a constant risk while eating, and while it is impossible to remove that risk completely, it can be reduced significantly by following these guidelines:

* Remove any stones and pips from fruit before serving.
* Cut small round foods (such as grapes, strawberries and cherry tomatoes) lengthways and into quarters.
* Cut large fruits like melon and hard fruit or vegetables (e.g. raw apple and carrot) into slices instead of small chunks.
* Do not offer raisins as a snack to children under 12 months – although these can be chopped up as part of a meal.
* Soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around six months.
* Sausages should be avoided due to their high salt content. If offered to children, cut into thin strips rather than chunks and remove the skins.
* Remove bones from meat or fish.
* Do not give whole nuts to children under five years old.
* Do not give whole seeds to children under five years old.
* Cut cheese into strips rather than chunks.
* Do not give popcorn as a snack.

For further information please see <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>