In Banff nursery, we aim to make snack an enjoyable time for children and to make full use of the many learning experiences that it offers. As a health promoting school, we use snack to provide a range of healthy eating options for the children.

Snack is a curriculum activity where children are encouraged to make choices. These include the choice of whether to have snack or not, as well as what to eat. During snack and through associated learning opportunities, children are encouraged to develop healthy eating habits, to try new foods and to have the opportunity to help prepare food.

Our mains aims are to:
- collaborate with parents in meeting dietary needs
- select healthy foods for inclusion in menus
- encourage children to form healthy eating habits
- help children make informed choices about their eating
- promote health and hygiene
- encourage and develop the use of social skills when eating
- provide opportunities to eat socially
- promote independence

Snack is available daily to all children in the nursery and is planned and ordered on a weekly basis by the staff member responsible for the snack area. Children are also involved in the planning process.

Snack is usually available after the registration circle time until the end of free flow time. However, on special occasions, or when the timetable dictates, children may participate in a ‘circle’ snack, when everyone eats at the same time. At snack, low key supervision is provided and all adults present model good practice.

The snack routine involves choice of fruit on entry to the nursery from a pictorial menu. Before snack children wash hands, collect their snack card and take it to the snack area. At the snack area, children are encouraged to be as independent as possible in helping themselves to snack and in clearing away afterwards.

Parents are asked to inform staff about any allergies when enrolling children. Information is double-checked on the child’s initial visit to the nursery. In case of a severe allergy, The Aberdeenshire protocol is to be adopted immediately and staff will receive appropriate training. Food labels are checked before use and no type of nuts are included in snack or used in other nursery activities.
A confidential list of allergies is kept in the snack area for members of staff to refer to when serving snack.