



October 2021

Meal Time Routine Policy

Meals and snacks are an especially important part of the day here at Lower Covey and Pear Tree. Children can benefit greatly from the experience of sharing mealtimes with their peers and the staff.

All children are taken to the bathrooms prior to meals and snacks and supported if required to wash their hands. We talk to the children about why we wash our hands before meals so that they understand the importance of this routine.

Children sit down either at tables or within highchairs depending on age. In our older rooms (from 3 years) we encourage the children to help serve their own lunch, enabling them to gain an understanding of portions and responsibility.

We work on our menus weekly, trying to ensure that seasonal produce is used wherever possible. During the year, fruit and vegetables grown at both settings are incorporated within snacks and meals so that the children can enjoy the benefits of their hard work.

Staff support the children with this and with eating their meals. They are able to sit with the children and help them to cut up food and provide assistance for those less able to feed themselves. We provide a range of cutlery and beakers with or without lids to enable children to be as independent as possible.

Conversation is encouraged around the table during mealtimes and children are also supported to develop good table manners — saying “please” and “thank you”, eating with their mouths closed, using cutlery correctly etc.

When the children have finished, they are supported to return their plates to either an adult or help wash and rinse their crockery themselves. Once again this encourages responsibility and independence.

We believe that mealtimes should be enjoyable and provide opportunities for social interaction, learning and development of independence.

If you have any concerns about our mealtime routine or how your child will cope with it please do not hesitate to contact us.