



# Rolling snack at preschool



## What is rolling snack?

This is a concept that has been in practice in Early Years settings for many years. It is a more relaxed way for the children to have snack over a set period of time. They will be able to select their own snack, pour their own drinks and come out of their play when they are ready.

## How does it work?

We will set up a 'snack station' in one corner of the room. This will have snacks and drinks available, including fruits and vegetables, milk and water. Children will be told when the snack station is open and will be given a 5 minute warning when it will be closing. We will have the snack station open for 30 minutes and all children will be encouraged to have a snack and/or a drink.

## How will this be supervised?

One staff member a day will be responsible for supervising the snack station during the 30 minutes and will ensure all children are offered the chance to have something to eat and drink. The adult will support children in choosing snacks, pouring their drinks, putting their name card in the basket and clearing away their things. They will also support children to have good hygiene practices and good eating habits and table manners.

## What is the benefit of a rolling snack?

- Increased independence
- Making their own choices
- Less disruption of their play and learning
- Opportunities to develop social skills
- Time to practice their communication and language skills
- Learning life skills



We will be trialling this for the first few weeks and will review how this is working and whether we need to make any changes. We hope this will be a very positive change for the children.

We will be sure to add photos onto Tapestry for you to see how this is going.

