



Snack time at CHUF



We have snack time at around 10am and have it in the style of a café so the children can choose when they want to come and have it themselves. This gives them the option to finish something before they come so we are not interrupting their focus and learning.

The children sit together in a group making snack a social time, there is always a member of staff sitting with them to help keep everyone safe.

Snack is always a selection of fruit and vegetables with a healthy snack such as a breadstick or rice cake. The children are offered milk or water to drink and are encouraged to be as independent as possible pouring their own drink and helping to cut the food with appropriate and safe knives.

We welcome donations for snack (either fruit, or if easier monetary donations) from parents and carers and share between all the children. This helps us as a charity and enables us to provide a variety of foods which encourages children to try some different options to those they might have at home.

