

ALTON COLLEGE NURSERY

SNACK TIME POLICY

Alton College Nursery will supply a good variety of fruit and vegetables for the children at the setting and there will also be bread sticks / crackers and toast. We aim to provide a good healthy balanced snack, the children can choose which snacks they wish. All children are encouraged to participate in snack time in the morning and the afternoon but are not forced to join in.

All children wash their hands before eating.

If any parent wishes to provide their own child's snack, we have no objections. However we do encourage healthy options.

Water bottles are available all day and refreshed as needed.

Any child with special dietary requirements will be catered for and suitable alternatives offered. (options are discussed with parents)

There are special opportunities to sample different cultural/seasonal foods throughout the year, all children are included.

During periods of outbreaks of illness, staff will place snack onto children's plates to minimise contact. At all other times children help themselves to snacks and drinks.

Reviewed:	May 2021
Updated	July 2022