

## Healthy Snack Policy

### Statement of Intent

Fun Foundations Day Nursery regards snack times as a very important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

### Aim

At snack time we aim to provide healthy snacks between meals both in the morning and afternoon that meet the nutritional requirements for a growing child.

### Objectives

Children will have the opportunity to try a variety of foods and will have access to healthy snacks.

Water is available for the children at all times.

Milk will be offered at the afternoon snack time.

Staff will sit alongside the children while they eat and will provide good role models for healthy eating and encourage the children to try new things.

Children will be encouraged to develop good eating habits and will be given plenty of time to eat.

Parents of children on special diets will be asked to provide as much information as possible about suitable foods and in some cases may be asked to provide the food themselves.

Drinks will be given in a lidless cup for children aged approximately 18 months of age and over (or where stage of development appropriate).

If parents wish to supply a fruit box for a Birthday Celebration we will create a Fruit Cake for the child to celebrate and share with their peers.

Signatures	Date of Next Review
A. Ferguson	June 2021