



Food and Drinks

Snack time is done in small groups, children choose where they would like to sit as this plays an important part in their social life at pre-school as well as reinforcing the importance of a good balance of health eating.

Snack time is to help the child make choices and become independent, making choices and help them to feed themselves.

The children locate their names and post them in the box, help themselves to cups and enjoy helping pour their own drink. All snack provided by the pre-school are nutritious avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.

Any allergies children have are recorded in their registration form and parents/carers sign to signify this information is correct and then this is recorded on our allergy list, this list is on display in the kitchen where all the snacks are prepared.

Multi cultural snacks are offered to ensure children from all backgrounds encounter familiar taste and to promote children having the opportunity to try unfamiliar food.

We take care not to provide snacks containing nuts or nut products and are extra vigilant where a child has a nut allergy. Children with nut allergies are not allowed to swap or share their food with other children.

Milk and water are provided at snack time.

We use snack time to help children to develop independence through making choices.