

Snack time is an integral part in the social life of the nursery. It is also a time to reinforce children's understanding of the importance of healthy eating.

We hope to achieve this by ensuring that:

- All meals and snacks provided are nutritious and varied, avoiding large quantities of fat, sugar, salt, additives, preservatives and colourings.
- All food will be provided by the nursery.
- Children's medical and personal dietary requirements are respected.
- Parents of children who are on special diets will be asked to provide as much written information as possible about suitable foods.
- Menus are planned in advance and food offered is fresh, wholesome and balanced.
- A multi-cultural diet is offered to ensure that children from all backgrounds encounter familiar tastes and that all children have the opportunity to try unfamiliar foods.
- The dietary rules of religious groups and also of vegetarians/vegans are known and met in appropriate ways.
- If a main meal is offered, the following elements are included:
 - protein for growth
 - carbohydrate for energy
 - essential minerals and vitamins in raw foods, salads and fruits
- Milk or water will be served with morning and afternoon snacks.
- Milk and all dairy products used in the nursery will be full fat.
- Water will be available if children are thirsty.
- The Healthy Eating policy and snack menus are shared with parents. Nursery recipes can be available on request.
- Parents or guardians will be advised if their child is not eating well.

- Children will be encouraged to develop good eating skills and table manners and will be given plenty of time to eat.
- Withholding food will not be used as a form of punishment.
- Carers will sit with children while they eat and will provide a good role model for healthy eating and if rolling snack is in place, an adult will be monitoring the area.