



Snacks

AIM

Our aim is to provide healthy, nutritious snacks that support children's growth, development and wellbeing while encouraging positive eating habits, independence and social interaction. Practitioners will plan and provide snacks in line with current Early Years nutrition guidance, ensuring every child's individual dietary, medical, cultural and developmental needs are safely met within a calm, inclusive and enjoyable environment.

Our Snack

Children are offered two healthy snack opportunities each day, at approximately 9:30am and 3:30pm, depending on their attendance pattern.

Practitioners carefully plan and prepare snacks in line with current Early Years nutrition guidance, ensuring children are offered a balanced variety of healthy foods that support their growth, development and overall wellbeing. A range of fresh fruit, vegetables and other nutritious options are provided, encouraging children to develop healthy eating habits while promoting independence and positive social interactions during mealtimes.

Snack times provide valuable opportunities for children to develop independence by making choices, pouring drinks where appropriate, using age-appropriate utensils and practising good table manners. Practitioners act as positive role models, encouraging conversation, language development and healthy attitudes towards food within a calm and relaxed environment.

Fresh drinking water is available to children at all times throughout the day and children are encouraged to drink regularly to support good hydration.

Individual dietary requirements, allergies, cultural preferences and medical needs are always taken into account when planning and providing snacks.

Further information about the food and drinks provided by the nursery can be found in our Food and Nutrition Policy.

