



## Saint Brendan's Nursery Class



### ROLLING SNACK POLICY

Within our nursery class we encourage and support children to be confident individuals and to live as independently as they can.

We ensure 'Safe and Hygienic Practices' during snack routines.

- Children are encouraged to wash their hands thoroughly before snack
- Tongs are provided for the children to use when selecting their snack to minimise the risk of cross contamination
- Children are encouraged to choose and prepare their own snack independently, developing confidence and self esteem
- As a health promoting nursery, we ensure children can choose from a wide variety of healthy and nutritious fruit, vegetables, cereals and natural yogurts. Children will be offered fresh milk and water to drink
- During snack children have opportunities to enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help them grow and keep healthy
- Snack time should be a pleasurable and social experience where children can talk and listen to each other in a calm and relaxed environment

Reviewed: October 2023

Reviewed: October 2024

Reviewed: October 2025

Review by: October 2026