



Registered Charity No. 1169451

# Eaton Socon Pre-School

A young persons dream



## Snack Time



Snack time in pre-school is an important part of your child's day. Research has found that healthy eating during pre-school years has a lasting impact on children's future health and wellbeing.

During each pre-school session, for about an hour, we open our 'Rolling Snack Time'. During this time children are able to come to the snack table in their playroom and choose a healthy snack and have a drink of milk or water. Each day we offer a different selection of healthy snacks (on a two-week rolling menu) such as fruit, raw vegetables, yoghurt, toast or crumpets.

Sometimes we may cook and eat other foods connected to topics we are focussing on and occasionally provide vegetables which we have grown in our pre-school garden.



The snack table is closely monitored by a member of staff to ensure safe and healthy routines are followed. Children wash their hands before eating and must be seated at all times while they are eating. Children are encouraged and supported (depending on their age) to peel their own fruit, wash their own cup and plate and put any fruit peelings and litter in the bin.



Not all children decide to have a snack, but staff ensure that all children are given the opportunity and remind them to have a snack if they want one. We believe that since the session is relatively short, the children should be able to decide for themselves whether or not they would like a snack - this helps the children learn about self-regulation.

Water and milk are freely available and accessible to all children at all times, and children will be reminded to have a drink throughout the session, especially during hot weather.



**To ensure we can continue to provide nutritious and healthy snacks at every session, we welcome a termly £10 snack donation from parents/carers. Please give your donation to your child's keyperson or ask at the office for on-line payment instruction.**

**We thank you for your support.**

### ***Allergies, food intolerances and other dietary requirements***

*We are aware that some children may have allergies and intolerances to certain foods, or due to cultural, social or religious reasons do not eat certain foods. This information should have already been collected from you (in the registration form when your child started pre-school). However, should your child develop any allergies or food intolerance or if other circumstances have changed, please let your child's keyperson know as soon as possible.*