



Registered Charity No. 1023849

SNACK POLICY

Aim

At Bollinbrook Pre-school we are very much aware of the importance of establishing healthy eating habits with young children.

Our aim is to reduce the intake of food and drink containing sugar and to encourage the children to eat healthily whilst attending a pre-school session.

Fresh drinking water is readily available throughout a session that children are encouraged to help themselves to.

A sample of the healthy snacks on offer at Pre-school include:

Buttered bread and cucumber (wholemeal and white)

Buttered bread and sliced banana (wholemeal and white)

Buttered bread and cheese spread (wholemeal and white)

Toasted crumpet

Toasted muffin

Toasted bread

Buttered cracker and cheese

Buttered cracker and cucumber

Buttered cracker and cheese spread

Snack Policy

Bollinbrook Pre-school, Abbey Road, Macclesfield, SK10 3AT Tel: 01625 403130

Fruits include

Half pear/tangerine

Melon wedge

Apple

Bananas

A choice of milk or water is offered with the snack. All individual dietary requirements are adhered to.

This policy was adopted at a meeting of

name of setting

Held on

(date)

Date to be reviewed

(date)

Signed

Name of signatory

Role of signatory (e.g. chair/owner)

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