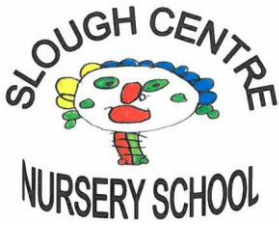


The TLC Nursery Federation

Executive Headteacher: Mrs Diane Lister, Cert Ed, Dip SpLD, MA



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SNACK POLICY

At Slough Centre Nursery we are committed to encouraging children to eat a healthy diet.

We are aware that it is in the early years that the habits of a lifetime are laid down. It is important that good habits are established in these formative years.

We offer snacks in our Café, which is open for one hour each session. Water is available throughout the session.

The café system supports that children's personal & social, physical and language development.

Milk, water, fruit & toast with a low fat spread will be offered in the café. Other healthy alternatives may be offered from time to time.

Children are encouraged to choose when/if to come to the café & choose what they would like to eat & drink (PSED).

The children are encouraged to help themselves to milk or water, pouring from a jug. They will have opportunities to spread margarine on their toast & to cut fruit, according to their ability (PD).

The café will provide a place to sit & chat with adults & peers, developing their communication skills and vocabulary. (C&L)

Children are not allowed to bring any other drinks or snacks for consumption during session times.

Sharing, Caring and Learning Together

