



Snack Time Policy

At Bear Hugs Nursery we have a 'rolling snack bar' which means that snacks are available to the children from 10.15am onwards in the morning session and 2pm onwards in the afternoon session. The children can choose when they wish to have a snack. This flexibility enables them to become independent by deciding when they are hungry and thirsty and allows time to complete an activity or game.

The children wash their hands before locating their name on the board and 'posting it' into the box.

Every child is given the choice of drinking water, fruit juice or milk to drink and they self serve if appropriate.

We advocate healthy eating at Bear Hugs Nursery. The range offered to the children includes seasonal fruit and vegetables, breadsticks, crackers, rice cakes, crispbread, biscuit and toast. The children choose and self serve their snack.

When snack is finished, each child clears away their used cup and plate. Staff ensure that tables are kept clean.

Special dietary requirements are adhered to and preferences noted. Information regarding special requirements is kept on the child's health form and also noted at the front of the class register.

Note: All children are requested to bring a named unbreakable plastic bottle or drinking cup containing fresh drinking water to every session they attend. Fresh drinking water is available on request should they not have their drink with them.