



## **Healthy Snacks**

All snacks provided are free from sugars that can damage teeth and low in salt. A menu will be created from a nursery director with a strong background in the health industry, ensuring that we are compliant with the latest health regulations.

Fruit and vegetables are encouraged.

Water and milk are safe for teeth and therefore the only drinks on offer.

All children over 2 years old will be encouraged to drink from a cup.

Parents/carers who wish to provide food for birthdays are requested to provide fresh fruit rather than cakes/sweets.

**Reviewed: August 2024**