

Snack time at Cambridgeshire

Here at Cambridgeshire nursery we provide children with a range of fresh fruits at snack time such as oranges, apples and bananas. Eating together helps children to form friendships and positive relationships within the class. We encourage the children to try fresh fruits as an extension of healthy eating and nutrition. This also helps children to become confident in trying new foods. We also grow a variety of fruits and vegetables in our garden, which the children can enjoy.

Snack & Lunch

We kindly ask that parents provide a snack box and/or lunch from home that your child can eat at meal times during the day. We encourage healthy meals and snacks and provide parents with a snack chart prepared by our dietician after careful research. A snack chart helps in the implementation of a healthy eating pattern.

Examples of healthy snacks include;

- Fruit yoghurts
- Vegetable sticks and dips like hummus (carrots, cucumber and celery)
- Crackers and cheese / Sandwiches
- Lentils and beans / Pasta salad
- Dried fruit (raisins, apricots, pear etc.)



Allergies

We are committed to providing a safe environment for all the children at Cambridgeshire Nursery and we are aware that some children may have food allergies. So we ask that snacks/lunches sent in from home do not include any nuts or nut products. Please make sure that you inform us of any allergies that your child has when you register with us so that we can make arrangements for safety within our setting.