**Healthy Snack Policy**

St. Colum’s Pre-School recognises the important role of health and nutrition in child development. Encouraging healthy eating from early childhood will help all children achieve their full potential.

Our aim is to promote good general and dental health by ensuring that children eat a healthy snack between mealtimes.

Snacks offered will consist of fresh fruit, vegetables, breads, crackers cheese ,and low sugar cereals with milk.

Milk and water are the only drinks permitted during snack.

Special dietary needs are respected and catered for.

Food will not be used as a reward.

Healthy eating messages will be reinforced to children.