

SNACK TIME



Due to Covid we have changed the way we organise our snack time. We appreciate this involves additional work for you but we have decided this will be the safest way to provide snack for the time being.

The children are offered a choice of either milk or water to drink. We ask that you provide a small healthy snack for your child each day.

A couple of items will be sufficient. **NO NUTS IN ANY FORM PLEASE!**

- * Please provide one for morning break and one if your child attends the afternoon
- * Please place this in a clearly NAMED small tub or sealed snack bag:

You could choose a couple of items from these groups:

- * Fruit: (banana, cut up apple, grapes (cut in half), melon etc), or
- * Vegetable: (carrot, peppers, olives)
- * a carbohydrate (such as a couple of rice cakes, piece of bread, breadsticks); or cheese: (a few chunks of cheese, snackpot, cheese string).

Please ensure that any dietary requirements or allergies are clearly marked on the registration form and that you draw our attention to any serious issues. Water is available throughout the day.

ST JOHN'S
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PLAYGROUPS



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