

# School Snack Guidelines

Most children require a snack at morning break to keep them going through the day.

We are encouraging children to bring in healthy snacks to be consumed during morning break to keep them sustained until lunchtime. Children in rabbit class will eat their snack in the classroom before going out to play. Having a morning snack will help to contribute to their 5 daily portions of fruit and vegetables, keep them alert and help them to concentrate. It can be hard during the week to think of suitable items for them to bring in to school, but we are aiming, with the help of the children, to not only support them in making healthy choices regarding snacks, but to also reduce food packaging and waste.

Providing snacks in a small, named, recyclable container is ideal. Children in EYFS and KS1 have a daily snack of fruit or veg provided for free by the government, so additional snacks for these ages may not be required.

If you are intending to send in healthy snacks with your child please use the list below for guidance.

- Vegetable sticks – such as celery, cucumber, peppers or carrot, a range of colour ensures different vitamins and minerals.
- A piece of cheddar cheese or babybel
- A piece of fresh or dried fruit such as; pineapple, apple, kiwi, plain raisins, apricots, banana slices.
- Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes, bagels and small pitta breads are also good snacks, providing children with carbohydrate to sustain them in-between meals.
- Homemade snack - flapjacks or other oat/whole grain based snack.
- Sausage rolls, cheese straws or peperami.

**We are aiming for a common-sense approach, with the key being to keep it healthy and no chocolate, sweets or crisps.**

We need the children to stay hydrated and so please ensure they bring a named water bottle into school daily. We hope that with your help, we can encourage the children to develop healthy eating habits that become a normal part of everyday life. By keeping high calorie snacks to a minimum and establishing healthy eating habits early on, improvements can be made for a child's quality of life both in the short and long term.

