



# HEALTHY SNACKS

Within our school we aim to promote healthy eating, we would like to take this opportunity to remind our parents and carers that **Crisps, nuts, sweets and biscuits are not permitted as a break time snack.**

The best snacks for break time are finger foods that can be eaten outside.

Below are some examples of snacks that can be eaten at break time.



Breadsticks and crackers

Any choice of fruit



Yoghurt tubes and pouches

Vegetable sticks, such as carrots, cucumber, celery and peppers or any other vegetables your child enjoys.



Please do not hesitate to contact the school or speak to your child's class teacher if you have any questions regarding appropriate snacks.

Please note: In the latest government guidelines dried fruit is not classed as a healthy between meal snack due to the high sugar content.

