



HEALTHY SNACKS IN SCHOOL

Daily Healthy Snacks Available in School

The following snacks are provided every day in school to form part of a balanced, healthy diet:

- Foundation – free milk and fruit, cheaply purchased bread based snack (toast, teacake, sandwich, pancake)
- Key Stage 1 – milk is available to order, free piece of fresh/dried fruit or vegetable
- Key Stage 2 – milk is available to order and reasonably priced bread based snacks (e.g. toast, bagels, toasties) are provided by the school tuck shop.

Children with allergies are catered for.

Snacks from Home

Unfortunately snacks which some children are bringing to school do not always meet the required School Food Standards and have too much added salt or sugar, such as crisps, confectionery, cereal bars, crackers or biscuits. Also these snacks are being shared between friends which can pose an allergy risk and parents are unaware of what their child is being given.

Recommended Snacks from Home

Fresh/dried fruit or veg (not coated)
Malt loaf
Teacake
Small jam/marmalade sandwich



All our snacks along with our balanced school lunches follow the School Food Standards and provide children with the right energy and nutrition they need.

Did you know - Nutritionist struggle to recommend a “healthy” cereal bar, as nearly all of them contain too much salt and sugar.