

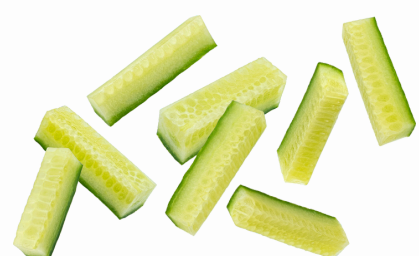
HEALTHY Snacks

Important: we are a nut free school to protect nut allergy sufferers.



Key Stage 1 children have a fruit snack provided and you may send in an extra snack if you wish.

All children may bring in a snack from the green list below:



Acceptable ✓	Not permitted X
Fresh fruit	Sweets
Fresh vegetables	
Dried fruit - pots of apricots, raisins, banana, mango, pineapple	No fruit flakes, fruit strings or fruit bars
Bread sticks - plain and not cheese twists etc	
Individual large rice cakes	No packets of Snack a Jacks as they are flavoured
Cheese (Babybel, Cheese Strings, chunks of any cheese)	No soft Laughing Cow or Dairy Lea
Pitta with butter style spread	No flavoured spreads
Wrap with butter style spread	
Plain crackers with butter style spread	No cheesy biscuits
Plain digestive/malted milk biscuits	no chocolate biscuits



Packed lunches should contain healthy food options and you can find out more on the NHS healthier families website, under recipes.



PLEASE KEEP TO ONE TREAT IN A PACKED LUNCH E.G. A PENGUIN BISCUIT OR KIT KAT ETC

SWEETS OR CHOCOLATE BARS ARE NOT ALLOWED IN SCHOOL – NO CURLY WURLIES, CRUNCHIES, JELLY TOTS OR HARIBO ETC IN PACKED LUNCHES.

WATER ONLY IN DRINKS BOTTLES – FRUIT JUICE AND SQUASH ARE PERMITTED IN PACKED LUNCHES ONLY.

WE ARE PROUD TO BE A HEALTHY SCHOOL AND APPRECIATE YOUR SUPPORT IN TEACHING THE CHILDREN TO EAT WELL AND LEARN WELL.