

Healthy Snacks for School

At St. John's CE Primary School, we endeavour to be a healthy school, teaching the children about how to make good choices for their health including what they eat and how this contributes to their wellbeing.

This guidance is to help you when choosing what to send in for your child to have as a healthy snack. Infants have a fruit or vegetable snack provided for them at school

We know how important it is that your child has the right fuel to keep them going from breakfast until lunch and would encourage you to provide them with something to eat. Only **one snack** is needed at this time in the morning.

The NHS guidance from 'change 4 life' advises that snacks are kept to snacks under 100 calories. We hope that the guide on this leaflet will help you when choosing what to send in and what to leave for treats at home.

Please remember - NO NUTS at school because of allergies.

Choosing a healthy snack:

- Look at the nutritional information per 100g (%).
- Find a snack with a low-medium fat and sugar content - and no nuts, crisps or chocolate.
- Look at the food traffic light rating on the sides of packets - Leave the red rated foods for treats.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

- **Red** means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts.
- **Amber** means medium. If a food contains mostly amber, you can eat it most of the time.
- **Green** means low. The more **green** a label displays, the healthier the food choice is.

Breaktime Snack ideas

✓	✗
<p>Fruit and vegetables</p> <div style="display: flex; align-items: center; justify-content: center; gap: 20px;">   ✓ </div>	<p>These are NOT healthy snacks and can be enjoyed in moderation as part of a balanced diet, but NOT as break time snacks:</p> <p>Bear YoYo, Fruit winders, Yoghurt Flakes etc. These dried fruit type snacks have a high sugar content and can stick to teeth so are not advised or allowed at our school for snacking between meals.</p>
<p>Cheese</p> <div style="display: flex; align-items: center; justify-content: center; gap: 20px;">   ✓ </div>	<div style="display: flex; justify-content: space-around; align-items: center;">    </div>
<p>Bread or pitta bread</p> <div style="display: flex; align-items: center; justify-content: center; gap: 20px;">  ✓ </div>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Crisps</p>  ✗ </div> <div style="text-align: center;"> <p>Treat bars</p>  ✗ </div> <div style="text-align: center;"> <p>Cereal bars</p>  ✗ </div> </div>
<p>Rice cakes or plain popcorn</p> <div style="display: flex; align-items: center; justify-content: center; gap: 20px;">   ✓ </div>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>Chocolate biscuits</p>  ✗ </div> <div style="text-align: center;"> <p>Pastries or cakes</p>  ✗ </div> </div>

