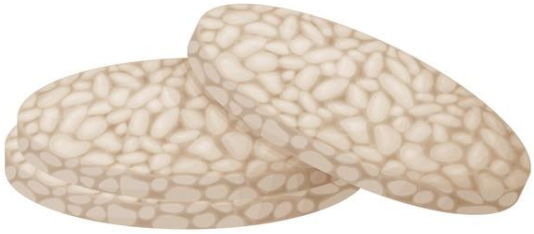
Healthy Snacks List:

Suggested Healthy Snacks

- Fresh fruit (e.g., apples, bananas, satsumas)
- Soft berries such as strawberries or raspberries
- Sliced melon or kiwi (skin removed)
- Vegetable sticks such as cucumber, carrot, or pepper
- Plain rice cakes
- Breadsticks or crackers
- Squeezy yoghurt
- Cheese portions
- Bread products including toast, plain brioche, crumpets
- Low sugar cereal bars

Safer Eating Guidelines

- We are a **NUT FREE** school please do not send products containing nuts as we have children have severe allergies.
- Please do not send products containing chocolate.
- Ensure food is easy to open so children can eat independently.
- Label any reusable containers clearly with your child's name.