

## Healthy Snacks at Earley St Peter's

### Nursery

Children will be provided with a piece of fruit each session. They do not need to bring an additional snack. Children staying all day need to bring a packed lunch.

### Reception

Children will be provided with a piece of fruit at morning snack time. Please send a healthy snack for afternoon snack time.

### Key Stage 1

Children will be provided with a piece of fruit at morning break time. If you wish you may send an alternative healthy snack for morning break time.

### Key Stage 2

You may send a healthy snack for morning break time if you wish.

<u>Healthy snack ideas:</u>	<u>Snacks to avoid:</u>
<ul style="list-style-type: none"><li>• Breadsticks</li><li>• Oatcakes</li><li>• Plain rice cakes</li><li>• Plain crackers</li><li>• Malt loaf</li><li>• Chopped up vegetables e.g. carrot sticks, peppers, cucumber</li><li>• Vegetables small enough to eat with their fingers e.g. baby corn, cherry tomatoes</li><li>• Fruit</li><li>• Cheese</li></ul>	<ul style="list-style-type: none"><li>• Cereal bars with nuts or traces of nuts</li><li>• Commercially produced fruit bars and snacks such as fruit winders and fruit stars which may be high in sugar</li><li>• Snacks that are high in fat or sugar (e.g. chocolate, sweet biscuits, crisps, sweets, pastries)</li><li>• Yoghurt as it is too messy to eat in the playground</li></ul>

Thank you for your support in encouraging the children to develop healthy eating habits.