

# HEALTHY & SNACKS & DRINKS

## FRUIT

Fresh or dried fruit – please avoid fruits which are coated in yoghurt or with added sugar. Please slice grapes lengthways if your child is in reception or KS1

## VEGETABLES

Fresh vegetables sticks – please do not send dips such as hoummus or pesto due to allergens.

## BISCUITS AND MALT LOAF

We recommend 2 plain digestive biscuits or 1 mini loaf/ 2 small slices of malt loaf.

## RICE CAKES AND POPCORN

Plain or savoury rice cakes and plain or savoury popcorn. Please avoid the added sugar/salt varieties and the sweet (toffee/chocolate) versions.

## BREADSTICKS

We recommend 3–4 plain breadsticks or 1 packet of mini breadsticks. Please do not send seeded breadsticks or dips such as hoummus or pesto due to allergens.

## DRINKS

We strongly recommend still, plain water to drink. If your child refuses to drink plain water, make sure that any cordial used is minimal and sugar-free and be aware that we do not have these in School so refills will be plain water. NO flavoured water, fizzy drinks or energy drinks.

## FRESH MILK AND VEGETABLES

The UK Government subsidises free school milk for Under 5's and children who receive benefits-based free school meals. Over 5's can pay via CoolMilk – sign up information is available from the Office. We are also part of the NHS scheme to provide fresh fruit and vegetables to EYFS and KS1 children.

## WE ARE A NUT FREE SCHOOL.

Please avoid sending crisps, sweets and chocolate bars as your child's snack.

Crisps are acceptable as part of a healthy, balanced packed lunch.

This list will not be extended further, it has been formulated in partnership with dietitians.

Thank You.