

Healthy Snack Policy

(PS 09/16)

Our aim is to ensure that snacks brought from home provide the pupil with healthy and nutritious food.

Pupils will be encouraged to bring the snacks outlined in the advice leaflet at the bottom of this letter. In summary these are:

- All types of fruit
- Raw vegetables
- Crackers, crispbreads, oatcakes, breadsticks (with cheese or without)
- Yoghurts or fromage frais
- Plain biscuits

It is, however, recognised that there may be exceptional circumstances, medical, religious or otherwise, which may result in a pupil being exempted from this policy. If unsure, please see your child's class teacher or the school office for further information or advice.

In addition, we also encourage pupils to bring in refillable water bottles, so they can have access to water throughout the school day. Pupils will also be allowed milk at after morning break which you can order termly via the school office or plain water during the school day.

Pupils will continue to be fully informed about this policy through assemblies and class discussions.


A Guide to Building...


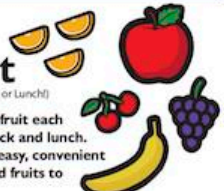


Healthy Snacks & Lunchbox

P2/P

Bring **WATER** everyday!

Putting tap water in a reusable bottle is FREE and will help keep your child hydrated all day!



<p>Whole Grains (Great for Snack or Lunch!)</p> <p>Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"</p> 	<p>Fruit (Great for Snack or Lunch!)</p> <p>Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day</p> 
<p>Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.</p> <p>Snacks</p> 	<p>Add veggies in your child's lunch. They add a healthy crunch instead of chips.</p> <p>Veggies (Great for Snack or Lunch!)</p> 

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