

Guidelines for Snacks

<u>Foods to provide</u>	<u>Examples of food that could be provided</u>
<p style="text-align: center;">Starchy Food</p> <p>Provide starchy food as part of at least one snack each day</p>	<p>Breadsticks, crackers, oatcakes, rice cakes, small pitta bread or bread roll</p>
<p style="text-align: center;">Fruit and Vegetables</p> <p>Provide as part of some snacks</p>	<p>Fresh sliced fruit-apples, banana, grapes. Vegetable sticks- carrot, cucumber.</p>
<p style="text-align: center;">Milk or Dairy Food</p> <p>Can be provided as part of snacks</p>	<p>Cubes of cheese Plain yoghurt or fromage frais Whole milk (for children aged one or two) or semi-skimmed milk (for children two and over) to drink.</p>
<p style="text-align: center;">No Cakes, biscuits</p> <p style="text-align: center;">Sweet foods and crisps</p>	<p>Sweet foods like cakes, biscuits, sweets and dried fruit should not be given as snacks as these can cause tooth decay. Instead provide starchy foods and fruit or vegetables</p> <p>Avoid salty snacks like crisps.</p>
<p style="text-align: center;">A drink</p>	<p>Provide milk or water to drink between meals. Do not provide squash, fruit juice or fizzy drinks, as these can lead to tooth decay.</p>

***Chart above as advised by Children's Food Trust 2014**

Snacks should not include:

Fruit bars, dried fruit e.g. raisins, biscuits, cakes as they can cause tooth decay however they can be included as part of a packed lunch.

There are a wide range of different fruit and veg your child can explore at snack time e.g. plums, cherries, lychees, blackberries, dragon fruit, papaya, melon, kiwi, broccoli, olives. It is good to incorporate seasonal fruit and veg as much as possible as they are at their most nutritious when in season (please see attached seasonal fruit and veg chart).

You may like to provide a dip e.g. hummus, taramasalata or sour cream and chive for your child to dip their veg/breadstick/pitta into.

Please give light snacks so your child does not feel too full to eat their dinner for example:

A breadstick or rice cake, small carrot sticks and small pot of hummus

A small pot of yogurt, cracker and grapes

Please ensure snacks are stored in a Tupperware box and clearly labelled with your child's name!

Please to not bring snacks in plastic bags/foil/cling film.

The school have a supply of milk and water available to children at all times.