



Healthy snacks for school



At College Town Primary School we endeavour to be a healthy school, teaching the children about how to make good choices for their health including what they eat and how this contributes to their wellbeing. This guidance is to help you when choosing what to send in for your child to have as a healthy snack. We know how important it is that your child has the right fuel to keep them going from breakfast until lunch and would encourage you to provide them with something that they can eat. Only **one snack** is needed at this time in the morning as they don't have time to sit down and eat for long and getting outside to play is also very important, so please don't send them with too much. The NHS guidance from 'change 4 life' advises that snacks are kept to snacks under 100 calories. We hope that the guide below will help you when choosing what to send in and what to leave for treats at home. Please remember that all key stage 1 children have the option of free fruit and vegetables as part of the government school fruit and vegetables scheme. Therefore there is no need to send a snack for key stage 1 pupils from home if you choose not to.

Year R children do not need an additional snack as they are provided with milk and fruit at school. Also please remember we have a strict NO NUTS policy at College Town Primary School because of allergies.

Choosing a healthy snack:

- Look at the nutritional information per 100g(%).
- Find a snack with a low-medium fat and sugar content - and no nuts or chocolate.
- Look at the food traffic light rating on the sides of packets - Leave the red rated foods for treats.

Each serving (150g) contains

| Energy | Fat | Saturates | Sugars | Salt |
|-------------------|--------------------|--------------------|--------------------|--------------------|
| 1046kJ 250kcal | 3.0g LOW | 1.3g LOW | 34g HIGH | 0.9g MED |
| 13% | 4% | 7% | 38% | 15% |

- **Red** means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts.
- **Amber** means medium. If a food contains mostly amber, you can eat it most of the time.
- **Green** means low. The more green lights a label displays, the healthier the food choice is.

Break time snack ideas

| Good ideas | Bad ideas |
|---|---|
| <p data-bbox="204 309 491 342">Fruit and vegetables</p>  <p data-bbox="204 577 523 611">A small extra sandwich</p>  <p data-bbox="204 851 770 929">Cheese and crackers or yoghurt (be careful of sugar content in some brands)</p>  <p data-bbox="204 1124 722 1202">Bread sticks, pretzels or bread/pitta bread</p>  <p data-bbox="204 1415 579 1449">Rice cakes or plain popcorn</p>  | <p data-bbox="810 309 1377 409">These are NOT healthy snacks and should be enjoyed in moderation as part of a balanced diet, but NOT as break time snacks:</p> <p data-bbox="810 454 1026 488">Fruit winders etc</p> <p data-bbox="810 492 1353 593">These dried fruit type snacks have a high sugar content and can stick to teeth so are not advised for snacking between meals.</p>  <p data-bbox="810 833 890 866">Crisps</p>  <p data-bbox="810 1046 946 1079">Treat bars</p>  <p data-bbox="810 1236 954 1270">Cereal bars</p>  <p data-bbox="810 1505 1037 1538">Chocolate biscuits</p>  <p data-bbox="810 1758 1026 1792">Pastries or cakes</p>  |