



Healthy snacks at school



At Harrison we endeavour to be a healthy school. This includes teaching the children about how to make good choices for their health; including what they eat and how this contributes to their wellbeing.

We would really appreciate your support with this policy. 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 a snack that they can eat at break time. We would advise you that **one snack** is sufficient at break time; the children are keen to get outside and play with their friends!

The NHS guidance, 'change 4 life', advises that children's snacks should be under 100 calories. We hope that the guide below will provide you with some useful information about our suggestions for snacks at school.

Please remember that all key stage 1, (Years R, 1 & 2), 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 into school for these younger children - although of course you can!

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 Harrison because of children's allergies.

When choosing a healthy snack; please:

- look at the nutritional information per 100g (%) on the snack label
- find a snack with a low-medium fat and sugar content - and no nuts or chocolate please
- look at the food traffic light rating on the sides of packets - leave the red rated foods for treat at home.

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 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:

Ideal for snacks	Not recommended at school
<p>Fruit and vegetables</p> 	<p>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>A small extra sandwich</p> 	<p>Fruit winders etc</p> <p>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>Cheese and crackers or yoghurt (be careful of sugar content in some brands)</p> 	<p>Crisps</p> 
<p>Bread sticks, pretzels or bread/pita bread</p> 	<p>Treat bars</p> 
<p>Rice cakes or plain popcorn</p> 	<p>Cereal bars</p> 
	<p>Chocolate biscuits</p> 
	<p>Pastries or cakes</p> 