

HEALTHY SNACK POLICY

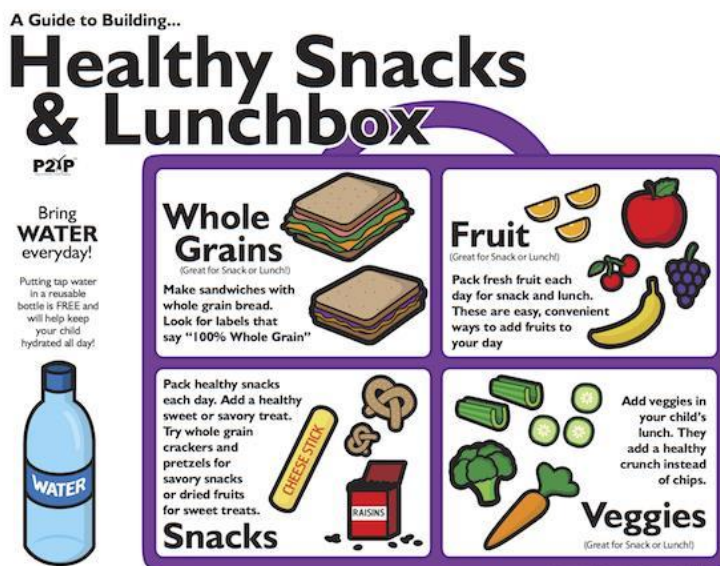
Updated by: K Cartwright

Date: June 2023

Healthy Snack Policy

Aims of the policy

Our school will ensure all pupils are well nourished and hydrated. We will encourage pupils to make informed food and drink choices in school and at home, contributing to life long healthy eating habits. Our aim is to ensure that snacks brought from home provide the pupil with healthy and nutritious food. The children's feedback has contributed to this policy.



Break time snacks

For their break time snack pupils will be allowed to bring:

- all types of fruit
- raw vegetables
- crackers, crispbreads, oatcakes, breadsticks (with cheese or without)
- pouch/tube yoghurts or fromage frais
- 2 x plain or breakfast biscuits (e.g. digestives, Belvita)
- 1 x wrapped cheese portion (e.g. Babybel)

Drinks

All children have been provided with a school water bottle. We encourage pupils to bring in a refillable water bottles every day. It is important that that they can have access to water throughout the school day. Pupils will be given time to refill their water bottles.

Juice is not allowed in class.