



Healthy Snacks

As a Healthy School we encourage all children to bring in a healthy fruit or vegetable snack for morning break as well as a water bottle for the day. Children in Reception, Y1 and Y2 are given free fruit as part of the Schools Fruit and Vegetable Scheme.

Snacks allowed



- A piece of fresh or dried fruit
- Vegetable sticks
- A piece of cheddar cheese or babybel
- Bread sticks, plain crackers, plain pretzels
- Malt loaf, oat/rice cakes, small pitta breads

Snacks not allowed



- Crisps
- Biscuits
- Sweets
- Chocolate
- Cakes

Snacks must NOT contain nuts!

