



Christ Church CofE Primary School **Healthy Snacks and Drinks**

Most children may require a snack at morning break to keep them going through the day.

KS1

Children in EYFS and KS1 have a daily snack of fruit or vegetables provided for free by the government, so additional snacks for these ages are not required. This is part of the Government School Food in England Scheme

KS2

We encourage our children in KS2 to bring in healthy snacks full of vitamins and minerals containing no added salt and limited fat or sugar. Many of these types of snacks will help contribute to their 5 daily portions of fruit and vegetables, along with keeping them alert and helping them concentrate in lessons. This is also supported by both the Department of Education and Department of Health, which outlines why schools should be encouraging healthy choices for snacks amongst pupils. *"Sugary foods can give a quick boost of energy, but this is short lived, so sweets, chocolate and yoghurt-coated fruit and biscuits will not keep your child going for long."* NHS

Snack ideas

It can be hard during the week to think of suitable items for them to bring in to school, but we are aiming, with the help of the children, to not only support them in making healthy choices regarding snacks. For children, it is not about how many calories a snack may contain, instead it snacks high in added sugar and high salt content which need to be discouraged. So for example, a small portion of plain popcorn or non-salted pretzels could be a sensible snack choice. However, sweet/salted popcorn or salted pretzels, would not.

As a school, we have suggested that they can bring:

- Fruit
- Cereal Bars
- Malt Loaf
- 'Fruit based' snack

However, this list is not exhaustive and there are alternative healthy snacks which you could consider:

- Vegetable sticks – such as celery, cucumber, peppers or carrot, a range of colour ensures different vitamins and minerals.
- A piece of cheddar cheese or babybel
- Plain bread sticks, plain pretzels
- Malt loaf
- Oat/rice cakes

As a school we are aiming for a common-sense approach, with the key being to keep it healthy, low salt, no added sugar and no chocolate, sweets or crisps.

Drinks

We need the children to stay hydrated and so please ensure they bring a named water bottle into school daily. **Squash and fruit juice are not permitted.**

We hope that with your help, we can encourage the children to develop healthy eating habits that become a normal part of everyday life. By keeping highly sugared or salted snacks to a minimum and establishing healthy eating habits early on, improvements can be made for a child's quality of life both in the short and long term.