



Dear parents,

October 2018

As a healthy Eating School, below is a list of snacks, which the children may bring in from home to eat at morning break.

Portion of fruit

Portion of vegetables eg carrot sticks, you may include a small pot of low fat dip for example low fat houmous (This should not be the pre-packaged cheese dippers/lunchables etc as they can contain high amounts of sugar, fat and salt.)

1 large plain rice cake or 2-3 small plain rice cakes

2 oatcakes

2-3 bread sticks

Raisins - As a rough guide a portion size is about the size of your child's palm.

Some supermarkets are packaging "healthy snacks" which contain under 100kcal and fit with guidelines for amounts of sugars and fats. One of these snacks.

Half a fruit or plain scone with low fat spread (homemade is best as you can control amount of salt, sugar and fat)

1-2 small slices of malt loaf or Bara Brith with low fat spread (homemade is best as you can control amount of salt, sugar and fat)

Key Stage 1 - children are provided with a portion of fruit/vegetables each day, however if you wish to children may bring their own healthy snack from home - see the above list of items that can be brought from home.

Attached to this letter is a copy of the Change4Life Family Snack Challenge leaflet.



If you would like some more ideas on healthy meals and snacks please visit the Caroline Walker Trust <http://www.cwt.org.uk/publications/>

You will also find healthy meal ideas, recipes and lots of information on portion sizes that you may find useful at home

Yours sincerely

Mrs C Arnold
Headteacher

