



# Healthy snacks for school



At Seven Stars we try to be a healthy school, teaching the children about how to make good choices for their health including what they eat and how this contributes to their wellbeing.

This guidance is to help you when choosing what to send in for your child to have as a healthy snack. 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 something that they can eat.

Only **one snack** is needed in the morning, so please don't send them with too much. We hope that the guide below will help you when choosing what to send in and what to leave for treats at home.

Please remember that all Early Years and Key Stage One children have the option of free fruit and vegetables as part of the government school fruit and vegetables scheme but this is usually given in the afternoon in Key Stage One so a morning snack is ok (EYFS can have their fruit/veg at any time of the day)

**Also please remember we have a NO NUTS policy at Seven Stars because of allergies and we will manage all other allergy issues within school (e.g. making sure children wash their hands and eat AWAY from children who have allergies to particular fruit or vegetables - and avoiding certain fruit/veg altogether)**

**Your class teacher will inform you if there is a particular fruit/veg or snack to avoid for your class.**

Choosing a healthy snack:






- Look at the nutritional information per 100g(%)
- Find a snack with a low-medium fat and sugar content - and no nuts or chocolate.
- Look at the food traffic light rating on the sides of packets - Leave the red rated foods for treats.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	<b>3.0g</b>	<b>1.3g</b>	<b>34g</b>	<b>0.9g</b>
	LOW	LOW	HIGH	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

Good ideas	Avoid in 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><b>Fruit winders etc</b></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>A small extra sandwich</p> 	
<p>Cheese and crackers or yoghurt (be careful of sugar content in some brands)</p>	<p><b>Crisps</b></p>
	 <p><b>Treat bars</b></p>
<p>Bread sticks, pretzels or bread/pita bread</p>	 <p><b>Cereal bars</b></p>
	
<p>Rice cakes or plain popcorn</p>	<p><b>Chocolate biscuits</b></p> 
	<p><b>Pastries or cakes</b></p> 