



DAILY MID MORNING SNACKS



Guidance on Snacks

Your child may bring in a snack to eat mid-morning. Please be aware that at Christ Church we are proud to be identified as being a 'Healthy Nut Free School' that is committed to healthier living and learning, and that we follow the guidelines provided by the School Food Trust.

The School Food Trust suggests that healthy snacks could include:

- Fresh fruit
- Dried fruit without added fat, sugar or salt (e.g. apricots, sultanas, raisins, dates)
- Vegetables (raw such as carrots, peppers, cucumber or celery)
- Toast or Crumpets

The guidance states that the following foods **do not** meet government standards:

- Dried fruit or vegetables with added fat, sugar or salt.
- Cereal bars
- Processed fruit bars
- Any type of confectionery e.g. chocolate products, sweets
- Crisps and crisp like products e.g. tortilla chips, potato sticks, puffs, crackers, corn chips, prawn crackers, potato wafers
- Japanese rice crackers
- Pretzels
- Bombay mix
- Nuts
- Cakes, buns, pastries
- Biscuits include all types: sweet biscuits: digestive, rich tea, ginger nuts, flapjacks, shortbread, and wafers. Savoury biscuits: cream crackers, breadsticks, oatcakes, matzos.

In addition, the guidance notes that the following drinks **should not** be brought into school for break times:

- Flavoured water
- Squash/Cordial
- Soft drinks including fizzy drinks
- Flavoured milk.

Please note that all infant children have access to a free piece of fruit each day