

# Just for Kids!

## HEALTHY SNACKS

Dear Parents/Carers,

With COVID and lockdown being in the forefront of our minds over the past 18 months we have, understandably, veered off from our Healthy Food In School Policy.

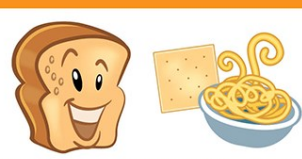





School is planning to apply for our Healthy School Gold Re-accreditation award

We know it is sometimes hard to balance healthy choices with what children will eat but can we please ask that your child's lunchbox and snacks for breaktimes are as healthy as possible and that you follow these guidelines.

✓	✗
Fruit/Vegetables	Sweets
Cereal/Breakfast Bars	Chocolates
Crisps (low fat or baked)	Fizzy Drinks
Malt Loaf	High Sugar Squash eg Fruit Shoot/Oasis
Yogurts	Biscuits
Breadsticks/Crackers/Rice Crackers	Full Fat Crisps
Pepperami Sticks	Cakes
Pasta/Rice/Bread/Wraps	
Ham/Chicken/Tuna/Cheese/Eggs	
Water/Milk	

Below are ideas of different alternatives for your child's lunch and snacks.

Can we also ask that your child's lunch is brought to school in a suitable bag which is insulated to keep your child's food nice and cool. Thank you for your support in this matter.

<b>GRAINS / 2 serves</b> Whole grain or high fibre 1 serve = 1 slice whole grain bread or 1/2 cup of cooked pasta or rice or 3 crispbreads 		<b>FRUIT / 1 serve</b> Washed and chopped 1 serve = 1 cup fruit salad or 1 medium piece or 2 small pieces 
<b>VEGETABLES / 2 serves</b> A colourful selection 1 serve = 1 cup salad or 1/2 cup of cooked vegetables 		<b>PROTEIN / 1 serve</b> Keep cool for safety 1 serve = 80g lean chicken or 1 cup baked beans or 2 boiled eggs 
<b>DAIRY / 1 serve</b> Lower fat varieties 1 serve = 200g tub of yoghurt or 1 cup of milk or 2 slices of cheese 	<b>SNACK / 1 extra</b> For more active kids 1 serve = 1 medium banana or Small bag of cereal or 1 whole grain muesli bar 	<b>WATER BOTTLE</b> Keep kids hydrated regularly. Explain to them the importance of drinking by themselves, even before being thirsty. 