



Healthy snacks at school



At Court Lane we endeavour to be a healthy school. This includes teaching the children about how to make good choices for their health; including what they eat and how this contributes to their wellbeing.

We would really appreciate your support with this policy. 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 a snack that they can eat at break time. Years R, 1 & 2 children have the option of free fruit and vegetables as part of the government school fruit and vegetables scheme.

The NHS guidance, 'change 4 life', advises that children's snacks should be under 100 calories. We hope that the guide below will provide you with some useful information about our suggestions for snacks at school.

Please remember we have a strict NO NUTS policy at Court Lane because of children's allergies.

When choosing a healthy snack:

- look at the nutritional information per 100g (%) on the snack label
- find a snack with a low-medium fat and sugar content - and no nuts or chocolate please
- look at the food traffic light rating on the sides of packets - leave the red rated foods for treat at home.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g 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:

Ideal for snacks	Not recommended at school
<p data-bbox="204 280 715 360">Fruit and vegetables (including dried fruit)</p> 	<p data-bbox="810 280 1391 383">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 data-bbox="810 432 1018 468">Fruit winders etc</p> <p data-bbox="810 477 1391 580">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 data-bbox="204 602 639 638">A small extra sandwich or wrap</p> 	
<p data-bbox="204 826 794 907">Cheese and crackers or yoghurt (be careful of sugar content in some brands)</p> 	<p data-bbox="810 813 890 848">Crisps</p>  <p data-bbox="810 1064 965 1099">Treat bars</p> 
<p data-bbox="204 1274 710 1355">Bread sticks, pretzels or bread/pita bread</p> 	<p data-bbox="810 1261 970 1296">Cereal bars</p> 
<p data-bbox="204 1552 352 1588">Rice cakes</p> 	<p data-bbox="810 1538 1066 1574">Chocolate biscuits</p> 
<p data-bbox="204 1785 375 1821">Plain biscuit</p> 	<p data-bbox="810 1785 1050 1821">Pastries or cakes</p> 