HEALTHY SNACKS

#HealthySchoolsKnowsley

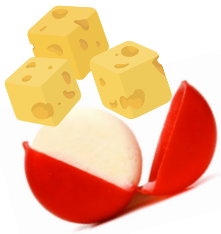
Most children require a snack at morning break to keep them going through the day.

We encourage children to bring in healthy snacks full of vitamins and minerals containing no added salt, fat or sugar. Many of these will help contribute to their 5 daily portions of fruit and vegetables, keep them alert and help them concentrate. It can be hard during the week to think of suitable items for them to bring in to school, but we are aiming, with the help of the children, to not only support them in making healthy choices regarding snacks, but to also reduce food packaging and waste.

Providing snacks in a small, named, recyclable container is great. Children in EYFS and KS1 have a daily snack of fruit or veg provided for free by the government, so additional snacks for these ages may not be required.

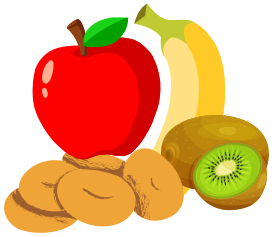
If you are intending to send in healthy snacks with your child please limit them to the list below.

Vegetable sticks
Such as celery, cucumber, peppers or carrots, a range of colour ensures different vitamins and minerals.



Cheese
A piece of cheddar cheese or babybel. A great source of calcium and protein.

Carbohydrates
Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes and small pitta breads.



Fresh or dried fruit
Fruit is high in fibre and vitamins. Apples, bananas, raisins, dried apricots, blueberries, pears and oranges are all great snacks.

Knowsley Council