



Healthy Snack Policy

As part of our commitment to promoting healthy eating, we have produced the following snack policy. Healthy eating does not mean avoiding all the foods children enjoy, it means a balance between a varieties of foods.

Children in Nursery, Reception, Y1 and Y2 have the opportunity to access fruit during the school day. Fruit is provided free of charge for pupils in Early Years and Key Stage 1. At morning break for children in Key Stage 1 and Key Stage 2, parents may send in an item from the list below:

- Fruit
- Cheese
- Breadsticks
- Vegetable sticks
- A packet of dried fruit (not chocolate coated)
- Yoghurt (e.g Frubes)
- Healthy choice of cereal/breakfast bar (no chocolate)
- Other fruit snacks

At playtime children are **not permitted** to eat sweets, crisps, chocolate, biscuits, pastries or cakes. However, children can include one of these options in their lunchbox.

