



Important information regarding break time snacks

At Lowther we want to continue to look at ways to improve children's health, fitness and well-being. The next step we'll be taking along this path is the changing of our policy regarding any break time snacks that the children bring in to school. This is applicable for all year groups, from Nursery through to Year 6. Please note however, that Foundation Stage and Key Stage 1 get free fruit as a daily snack anyway.

We're always very happy, and indeed would recommend, children having a healthy break time snack. We now only allow fresh fruit and vegetables as a break time snack. This **DOES NOT** include fruit packaged such as Fruit Winders, Bear Yo-Yos and the like. A simple way to think of it is that if it comes in a packet it's probably not allowed. The main exception being dried fruit.

Examples of the sort of things that are great for a break time snack include

- ✓ Seedless grapes
- ✓ Satsumas , tangerines or clementines (peeled and wrapped for younger children)
- ✓ Small bananas
- ✓ Cherries
- ✓ Apples (can be cut into pieces for younger children and brushed with lemon juice to avoid browning)
- ✓ Plums
- ✓ Dried fruit such as apricots, dates or raisins
- ✓ Fruit salad (apples, satsumas, pears, pineapple chunks and grapes work well together. Avoid bananas because they go brown)
- ✓ Canned fruit transferred to a pot (use fruit stored in natural fruit juices rather than syrup)

(Please note we are a Kiwi free school)

Some vegetables that you could try as a snack could include;

- ✓ Cherry tomatoes
- ✓ Carrot sticks
- ✓ Celery sticks
- ✓ Cucumber chunks
- ✓ Baby sweet corn
- ✓ Grated carrot and raisin salad
- ✓ A plain rice cracker or breadstick is also acceptable

If children do bring a snack that is not allowed it will be confiscated by a member of the school team and then returned to the child's parent at the end of the day.

I'm sure you'll agree these represent really positive changes for our children.

Examples of snacks that are ok



Examples of snacks that are not ok

