



Bringing Healthy Snacks to School

At St Mary's we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to promote healthy eating habits for life.

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 something that they can eat at break time from year three onwards (KS2 only) **Only one snack is needed at this time in the morning.**

Children **should not** bring in sweets, chocolate bars or crisps. If a snack like this should come into school, staff have permission to keep the item safe until the end of the day when it can be returned to the parent.

Key Stage 1 and Reception children have the option of free fruit and vegetables as part of the government school fruit and vegetables scheme. Therefore, there is no need to send a snack for years Reception, 1 or 2.

Allergy Awareness and Nut Bans

At school we remind children to be 'allergy aware' and not share our food with others due to known and unknown allergies their peers may have.

St Mary's Primary supports the approach advocated by [Anaphylaxis UK](#) towards nut bans/nut free schools. They would not necessarily support a blanket ban on any particular allergen in any establishment, including in schools. This is because nuts are only one of many allergens that could affect pupils, and no school could guarantee a truly allergen free environment for a child living with food allergy. They advocate instead for schools to adopt a culture of allergy awareness and education. A 'whole school awareness of allergies' is a much better approach, as it ensures teachers, pupils and all other staff are aware of what allergies are, the importance of avoiding the pupils' allergens, the signs & symptoms, how to deal with allergic reactions and to ensure policies and procedures are in place to minimise risk.

St Mary's aims to reduce the risk posed to those who have a nut allergy at our school and ask that parents are mindful of this information when choosing a snack for their child and refrain from providing snack that contains whole nuts wherever possible.

Should your child require to bring in a snack that is not mentioned in this guidance due to medical grounds or they require a reasonable adjustment to be considered, then please speak directly to your child's class teacher.

Break time snack ideas

Ideal for snacks	Not recommended for school
<p>Fruit </p> <p>Vegetable sticks </p> <p>Rice cakes </p> <p>Bread sticks, pretzels or mini pita bread </p> <p>Cheese & cracker dippers </p>	<p>These are NOT healthy snacks and should be enjoyed in moderation as part of a balanced diet, but NOT as regular break time snacks:</p> <p>Dried fruit and Fruit Winders etc. These snacks have a high sugar content & can stick to teeth so are not advised for snacking between meals.</p> <p>Sweets </p> <p>Crisps </p> <p>Treat bars </p> <p>Cereal bars </p> <p>Biscuits, pastries or cakes </p>

When choosing a healthy snack; please:

- 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.

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.

