

Morning Break Snacks

KS1 are provided with a healthy fruit snack daily.

If your child is in KS2 (Y3 upwards) and wants to bring a snack for morning play it needs to be a fruit or vegetable option,
Such as: apple, banana, carrot sticks, pear, chopped melon/pineapple in a plastic container, mini snack cucumbers etc.

Links

[Change 4 Life Healthy Lunchboxes](#)

[BBC Food - Lunchbox inspiration](#)

[Are you packing a healthy lunchbox?](#)

[50 Lunchbox ideas for fussy eaters](#)



Healthy lunches and snacks are important for children to help with concentration and learning. We know that children need 5 servings of fruit and vegetables every day along with plenty of whole grains, dairy, protein and water. But how can you include all these in your child's lunchbox and still make it fun and interesting to eat?

Sandwiches

Using different types of bread each day can make lunchboxes more interesting.

Try granary, wholemeal and raisin bread, multi-grain rolls, mini wholemeal baguettes, Bagels, wraps and wholemeal pitta. If your child refuses to eat brown bread at first, try buying 'whole white' or '50/50' sliced bread (white bread made with one-third wholemeal flour). Or you could make a sandwich from one slice of whole white bread and one slice of wholemeal/brown bread. Always try to add a little salad to a sandwich. Alternatively try pasta or rice salads, hard boiled eggs, or cold meat slices.



Added Extras

Fruit salad makes a great dessert. You could make an exotic version with blueberries, raspberries, strawberries and grapes, or a more traditional version with apples, bananas, grapes and oranges. This will count towards your child's five daily portions of fruit and veg. Try adding a handful of dried fruit, such as raisins, apricots, figs or prunes - these can also count as a portion of fruit and veg and this is a way to encourage your child to try new foods. Try different desserts, such as stewed fruit (without added sugar). You could add a spoonful or two of natural yoghurt to the fruit, or sprinkle some rolled oats on the top for extra crunch

Replace cakes and biscuits with scones, currant buns (without icing) and fruit bread. Make sure that your child gets enough calcium by adding a slice of cheese, yoghurt, custard or rice pudding.



Remember that not all children go to school with lunch boxes filled with crisps and lollies despite what children think and say!

It is important to keep offering healthy lunch box choices in a variety of ways, as children learn to eat what is familiar to them. Remember that it may take time to change your child's food preferences to more healthy choices.



Foods Not To be Included



No nuts of any kind, we are a nut free school.

No chocolate spread or peanut butter (again for the above reason)

No sweets, chocolate, marshmallows, lollies, fizzy or energy drinks

Foods not good to include everyday

Savoury snacks high in saturated fat or salt—pork pies, sausage rolls, pasties, large bags of crisps.