

At The Firs, we believe that education about health issues is very important for the development of our children. We understand the link between a healthy diet and the ability to learn successfully, whilst providing the children with the fuel they need to thrive!

The school can play a significant role as a part of our community, to promote healthy topics. We are also involved in the School Fruit and Vegetable Scheme. Every child in Reception and Key Stage 1 is encouraged to have an extra piece of fruit or vegetables each day during afternoon playtime.

We fully embrace this and we hope to improve the health of the school community, by teaching ways to initiate and maintain healthy eating habits.

## BREAK TIME SNACKS

For a healthier snack at break time, we have put together a list of healthy and enjoyable snack suggestions that the children are welcome to bring into school:

### FRUITS

Satsumas  
Pears  
Bananas  
Apples  
Cherry tomatoes  
Packets of raisins  
Packets of dried fruit  
Grapes  
Peaches  
Strawberries  
Raspberries  
Blueberries  
Nectarines  
Melon slices  
Dried Fruit - cranberries, Goji berries, raisins, apricots or mixed dried fruit



### VEGETABLES

Carrots  
Sliced peppers  
Mini cucumbers  
Sugar snap peas



### PROTEIN

Cheese Strings  
Mini Babybel  
Cheese chunks



### CARBOHYDRATE

Breadsticks  
Crackers  
Crostoni  
Oatcakes plain or fruit flavoured  
Rice cakes plain or fruit flavoured  
Malt loaf  
Fruit bread



### SUGGESTED SWAPS!!

~~Sweets/Chocolate~~ - swap for - Fruit or Vegetables

~~Cakes & Pastries~~ - swap for - Fruit Bread or Malt Loaf

~~Salted Snacks/Crisps~~ - swap for - Rice Cakes, Oat Cakes or Breadsticks



PLEASE DO NOT INCLUDE ANY SWEETS, CHOCOLATE OR ANYTHING CONTAINING NUTS FOR YOUR CHILD'S SNACKS.

Thank you for your support, together we can help to keep our children healthy!