



Itchen Abbas Primary School

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Healthy Snack Guidance

At Itchen Abbas Primary School we endeavour to be a healthy school. This includes teaching the children about how to make good choices for their health; including what they eat and how this contributes to their wellbeing.

We would really appreciate your support with this policy. 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 a snack that they can eat at break time. We would advise you that **one snack** is sufficient at break time; the children are keen to get outside and play with their friends!

The NHS guidance, 'change 4 life', advises that children's snacks should be under 100 calories. We hope that the guide below will provide you with some useful information about our suggestions for snacks at school.

Please remember that all key stage 1, (Years R, 1 & 2), 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 into school for these younger children – although of course you can!

Year R children do not need an additional snack as they are provided with milk and fruit at school. Also, please remember we have a strict NO NUTS policy because of children's allergies.

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.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

- **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.



Break time snack ideas:

Ideal for snacks	Not recommended at school
Fruit and vegetables 	These are NOT healthy snacks and should be enjoyed in moderation as part of a balanced diet, but NOT as break time snacks: Fruit winders etc These dried fruit type snacks have a high sugar content and can stick to teeth so are not advised for snacking between meals. 
A small extra sandwich 	
Cheese and crackers or yoghurt (be careful of sugar content in some brands) 	Crisps 
Bread sticks, pretzels or bread/pita bread 	Treat bars 
Rice cakes or plain popcorn 	Cereal bars 
	Chocolate biscuits  Pastries or cakes 