



High Meadow  
Community School

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## Healthy Snacks in School

### Snacks

Children need a regular intake of energy and other nutrients to keep going and stay healthy. As well as providing fuel for the body, energy is important to help them concentrate in the classroom. Studies show that children perform less well at school in a variety of tasks, when energy levels are low. Snacks can help fill the gap between meals, particularly for children who are physically active or growing rapidly. Often these are referred to as 'mini' meals.

### Snacks Can Be Part of a Healthy Lifestyle

A balanced diet includes breakfast, lunch and dinner; and a snack between meals can help keep us going, especially when we are hungry. As with all foods, different snacks provide different nutrients so variety is the healthy way. A good thing to remember is that choosing fruit or vegetables as a snack, counts towards our '5' a day' target.

### What's on Offer at School

✓ Fruit and Veg:

Apples, pears, bananas, satsumas, cherry tomatoes and mini-carrots are provided as part of the National Healthy Fruit Scheme

✓ Drinks:

Semi-skimmed milk can be ordered termly through the Cool Milk Scheme.

Water is free of charge – we expect every child to have a school water sports bottle – price £2.00 paid through the on-line Schoolgateway payment system.

### What's On Offer from Home

✓ Fruit and Veg:

Grapes, satsumas, tomatoes, carrot sticks, cucumber slices, slices of red or green pepper, apples, bananas, pears and kiwi fruit.

### Friday is Treat Day!

✓ Biscuits

A choice of biscuits can be purchased for your child to have on a Friday – paid for in one payment of £12.00 through the on-line Schoolgateway payment system.

### Please Note:

We have worked closely with the School Health Team to help you make healthy choices for your child when they are in school. Dried fruit is not suggested as a snack in school as it contains a lot of naturally occurring sugars, which on a daily basis are inadvisable for healthy teeth. Raisins are supplied by school as a snack for the first day of each term due to delivery arrangements.



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