



# HEALTHY SNACKS FOR SCHOOL

Eating a healthy diet helps children stay alert during class, fight off illnesses and grow into strong, healthy adults.

School children get up to half the food they need each day at school, which makes schools an important place for learning healthy eating habits.



## **Snacks allowed in school:**

- Fruit
- Veg/Salad sticks
- Yoghurt (Low sugar)
- Cheese snacks

To help keep your child hydrated whilst in school, please send your child with a bottle which can have either:

- Water
- Dilute juice
- 150ml of fruit juice

