



Healthy Break

Dear Parent/Guardian

Please find a copy of foods we recommend for snack time.

Many thanks for your support.

PLEASE NOTE OUR SCHOOL IS A 'NUT FREE' ENVIRONMENT

Foods we Recommend to Eat at Break

- + Water or milk
- + Piece of fruit
- + Sandwich, bagel or wrap with healthy filling
- + Cheese
- + Vegetables
- + Pasta
- + Breadsticks

Foods Not Permitted at Break

- + Fizzy drinks, fruit juices, smoothies
- + Biscuits
- + Sugary spreads including jam, honey Nutella etc
- + Crisps
- + Chocolate and sweets
- + Cereal bars
- + Yoghurts (including Petit Filous, Frubes and yoghurt drinks)