



Snack Ideas

Mix and Match from the following ideas:

Carbohydrates for slow release energy:

- Oatcakes or plain crackers
- Plain rice cakes or breadsticks
- Pitta bread fingers
- Plain/savoury popcorn



Vegetables and/or fruit (fresh, frozen or tinned in juice) for keeping well:

- Carrot, cucumber or celery sticks
- Cherry tomatoes
- Peppers (yellow, red or orange) cut into strips
- Apple, banana, satsuma, pear, or plum
- Strawberries, blueberries or raspberries
- Grapes, melon, pineapple, peach, nectarine or mango



Dairy or dairy free alternative for strong teeth & bones:

- Low fat plain natural/Greek yogurt or dairy free alternative
- Cheese e.g. reduced fat Cheddar, Edam (grated, cubed or sliced) or light soft cheese

Dips/spreads:

- Reduced fat houmous
- Light soft cheese/cottage cheese
- Mashed avocado or guacamole
- Nut butter (e.g. Peanut butter)
- Low fat plain natural/Greek yoghurt dip (e.g. with crushed garlic, herbs or lemon juice)

Drinks for staying hydrated:

- Water – fill a reusable bottle from the tap
- Semi-skimmed Milk

Remember- Dried fruits (e.g. raisins and apricots) and fresh fruit juices are a great source of vitamins and minerals but should only be offered as part of a meal to help protect teeth

Snack safe!

- Be allergy aware - Houmous contains sesame seed paste (tahini). Most schools have a 'No nut policy', check before giving your child nuts/nut products to take to school
- Choking hazards - Always cut grapes and cherry tomatoes into quarters and avoid whole nuts and popcorn for children under 5 years of age

Snack Ideas

What?

Why?



Crackers and Cheese



Crumpets



Breadsticks



Oatcakes



All Fruit and Veg



Rice Cakes



Wholemeal Toast



Plain Popcorn



Yoghurt



Milk



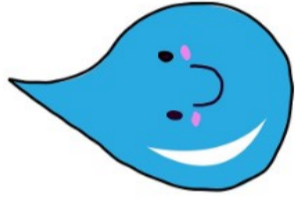
Water



Helps concentration



Helps digestion



Keep body Hydrated



Improves mood



Healthy Skin, hair and nails



Helps growth and development



Healthy Teeth



Gives Energy