



Healthy Snack Ideas

Ideas to help families

November 2025

We have put this guide together to help you with planning your child's snacks. There are lots of different ideas that will help you providing a range of different options, including trying out new foods.

Please be aware that we are a nut free school. We ask that products containing nuts, such as granola bars, peanut butter, sesame seed breadsticks are not brought into school.

Fruit and Vegetables

Help your child get their five a day by including some fruit or vegetables as a snack for their morning break. This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.

A portion could be:

1 medium sized piece of fruit - apple, orange, banana, pear



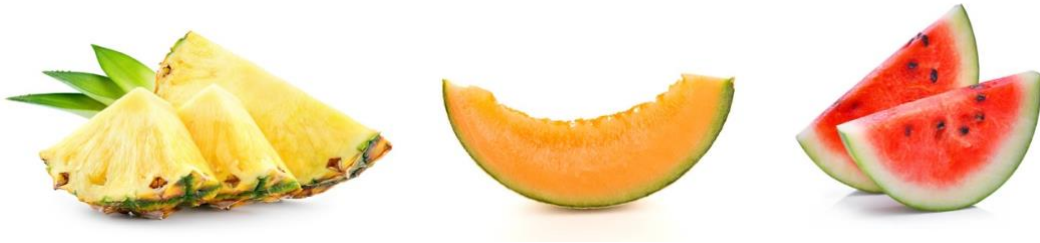
2 small fruits - kiwi fruit, satsumas, plums (remove stones)



1 cup of grapes (cut lengthways), cherries (remove stones)
or berries



1 large slice of pineapple, melon or watermelon



1 cereal bowl of salad - lettuce, tomatoes, cucumber and celery



3 heaped tablespoons of fresh vegetables - carrot sticks, pepper sticks, sugar snap peas



3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)



For younger children (4-6 years old), reduce these portion sizes by about half, then increase the amount as they grow. Older primary school children should be eating full portions.

Not suitable: fruit tinned in syrup and processed fruit bars (eg fruit winders, fruit flakes etc). These are high in sugar and can cause tooth decay, so are not suitable as between meal snacks.

Bread Based Snacks

Children need more or less energy depending on their age and stage of development. Bread based snacks can help to meet these extra energy needs and help your child feel more satisfied.

This includes:

White or wholemeal bread, rolls or baguettes, toast, plain bagels, pitta bread - spread thinly with a little margarine or low fat spread



Plain bread sticks



Plain crackers



Plain unsalted rice cakes



Small sandwich with a sugar free filling such as tomato, tuna, chicken or cheese



Not suitable: sugary spreads including jam, honey or marmalade or chocolate spread as these are harmful to teeth. Cereal bars, or sweetened breads and pastries such as pancakes, scones, brioche, croissants and pastries as these contain a lot of sugar and/or fat and salt.