

FOOD for THOUGHT

We know how important it is that your child has the right fuel to keep them going from breakfast until lunch.

We strive to be a healthy school and teach the children about **how to make good choices for their health**; including what they eat **and how this contributes to their wellbeing**.

Class	Important information
	Children in Bumblebees do not need a snack as they are provided with milk and fruit at school. They may bring a healthy snack if they choose to.
	All children in Squirrels have the option of free fruit and vegetables but may bring a healthy snack if they choose to.
	No snack is provided for the children in Hedgehogs or Badgers. If you would like to send them with a snack please use this guidance and talk with your child about the options.
	
Please remember we have a strict NO NUTS policy because of children's allergies.	

Choosing a snack for your child

National Health guidance advises that children's snacks should be **under 100 calories**.

Check the nutritional information per 100g (%) on the snack label.

Choose a snack with a low-medium fat and sugar content – **no nuts or chocolate please**

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

Consider the food traffic light rating on the sides of packets;

Red means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts. Leave the red rated foods for treat at home.

Amber means medium. If a food contains mostly amber, you can eat it most of the time.

Green means low. The more green lights a label displays, the healthier the food choice is.

A note about water

The brain is a muscle too - so you better keep it fed.

Water is by far the best drink to feed your head.

8 glasses sounds an awful lot for anyone to drink

But we recommend you try it – it will really help you think!

A note about milk at break time

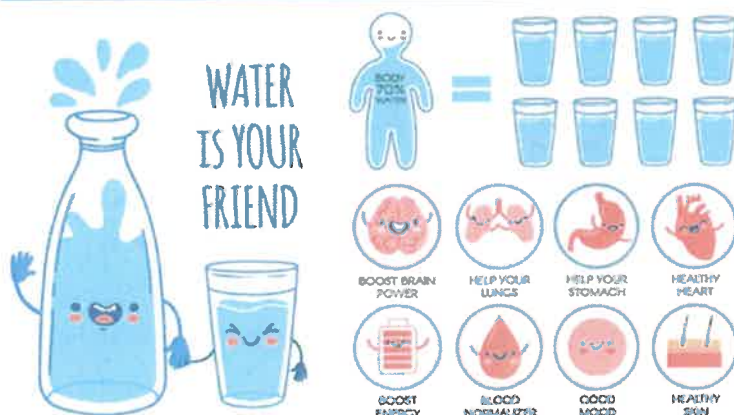
Milk is a healthy option too.

Whilst your child is 4 this is available free.

If your child is 5+, you can add your child to the milk list at a cost of 5p per day.

Mr Pickard & all the staff at Ashill.

BENEFITS OF DRINKING WATER



Choosing a snack for your child

Ideal for snacks		Not recommended at school	
Any of these will give your child the energy they need to support their best learning.		These are NOT healthy snacks. They should be enjoyed in moderation as part of a balanced diet and might on occasion be part of your child's packed lunch but NOT as break time snacks.	
Fruit and vegetables 	A small extra sandwich 	Crisps 	Fruit Winders  These dried fruit type snacks have a high sugar content and can stick to teeth so are not advised for snacking between meals
Yoghurt (be careful of sugar content in some brands) 	Bread sticks, pretzels or bread/pita bread 	Cakes 	
Rice cakes 	plain popcorn 	Treat bars 	Chocolate biscuit bars 
Cheese and crackers 	Banana bread/ Malt loaf 	Cereal bars 	Sweets are not permitted in school 



Please make your child's class teacher aware if your child has any specific dietary requirements and complete a form at the office.