



# **Thistly Meadow Primary School SNACKS POLICY**

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Many children will benefit from having a mid-morning snack. These guidelines have been developed in line with the Children's Food Trust<sup>1</sup> and it is important to understand that they are as much about promoting dental health as well as good nutrition which is why they appear stricter than the lunchbox guidelines. Remember that these guidelines only apply to snacks and not food included within the lunchbox. Notable differences are that cakes and biscuits can be included within the lunchbox.

### **Snacks at break time**

The school encourages any of the following snacks:

- Fruit or vegetables. Fruit can be fresh, canned or dried. Fruit products with added sugar are discouraged e.g. very sweet fruit puree pots or yoghurt with added sugar.
- 'Compact' fruit bars. Fruit 'strings' are discouraged because they cause more harm to teeth.
- Fruit or plain yoghurts or fromage frais.
- Cheese cubes, triangles or strings.
- A bread-based savoury snack e.g. sandwich, pitta bread, bagels, baguettes, wraps.
- A sweet bread-based snack e.g. teacakes, plain brioche, fruit bread and malt loaf. Any biscuits (even plain ones), cakes or cereal bars are not allowed as a snack.
- Unflavoured rice cakes.
- Fruit smoothies, yoghurt drinks, fruit or milk.

Our School is a nut free environment. **Please remember that nuts or products that contain nuts must not be included.**

### **Drinks through the day**

It is important that children are encouraged to drink water throughout the school day, especially after periods of exercise. To make water more accessible we:

- Allow children to bring a sports bottle from home to drink water when they wish. Any squashes (including low sugar ones) are not allowed.

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<sup>1</sup> <http://www.childrensfoodtrust.org.uk>

- Provide water coolers.
- Provide free milk at break times for our Foundation children until they reach the age of five, when it can be purchased through our milk provider Cool Milk<sup>2</sup>.
- Provide free milk to children in receipt of free school meals.
- Encourage children to have a drink after break and lunchtime. A small drink of water after snack time will help clean children's teeth.
- Provide water jugs and cups on the tables at lunchtime.

This policy will be reviewed on a regular basis in line with guidance from the Children's Food Trust and other relevant agencies.

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<sup>2</sup><http://www.coolmilk.com>

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V1	Date created: 25/5/2022 Review date: May 2025	A Gordon