

Friday 15th November 2024

Dear Parents and Carers,

At Eagle Primary School, we endeavour to be a healthy school. This includes teaching the children about how to make good choices for their health; including what they eat and how this contributes to their well-being, and we would really appreciate your support with this policy.

We know how important it is that your child has the right fuel to keep them going from breakfast until lunch, and would encourage you to provide them with a snack that they can eat at break time.

Hopefully, the guide below will provide you with some useful information about our suggestions for snacks at school.

Please remember that all key stage 1, (Years R, 1 & 2), children have the option of free fruit and vegetables as part of the government school fruit and vegetables scheme. Therefore, there is no need to send a snack into school for these younger children – although of course you can if you wish!

Please remember we have a strict NO NUTS policy at Eagle because of children's allergies.

When choosing a healthy snack; please:

- ♥ Find a snack with a low-medium fat and sugar content - no nuts or chocolate.
- ♥ Please look at the food traffic light rating on the sides of packets

Each serving (150g) contains

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

- ♥ **Red** means the product is high in that content and you should try to cut down, eat less often or eat smaller amounts.
- ♥ **Amber** means medium. If a food contains mostly amber, you can eat it most of the time.
- ♥ **Green** means low. The more greens a label displays, the healthier the food choice is.

Yours Sincerely,

Wendy Daley

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WHAT MAKES A GOOD SNACK?

FOODS CONTAINING PROTEIN, CARBOHYDRATES, VITAMINS AND MINERALS

GROW



Protein supports the healthy growth of our muscles and helps us stay strong
Protein foods: Meat, eggs, fish, milk, cheese, yoghurt, beans and nuts

GO



Carbohydrate provides energy to run and play and help us concentrate in class
Carbohydrate foods: Grains like cereals, bread, rice, oats, pasta, corn

GLOW



Vitamins and minerals keep bones & teeth strong, help our hair & skin look nice and our brain to think
Vitamins and minerals: Fruit and vegetables

IDEAS FOR SNACKS

Peperami, Cheese, Yoghurt, OR Houmous



Breadsticks / Crackers, Ricecake / Corncake, Cereal Pot, Malt Loaf OR Plain Popcorn



Apple, Banana, Easy peelers, Cherry tomatoes OR Bell Pepper Sticks



OR USE A COMBINATION

Crackers (or other grain cakes) and cheese



Fruit and Plain Popcorn



Vegetable Sticks and Cheese Spread/ Houmous



CHOOSING SNACKS FOR YOUR CHILD

TIPS

Choose one Grow, Go or Glow type of food - this should be sufficient!

When kids have big appetites, then use a combination of Grow, Go and / or Glow Foods for a more balanced snack see "ideas for snacks"

Start with a fruit or a vegetable snack

Use 100Kcal as a mark for your child's snack

Use a variety of snacks through the week to help increase nutrient intake

Check food and nutrition labeling to limit snacks that are high in sugar and salt

DON'T FORGET

Always compare food products per 100gr

AIM FOR
FAT 3gr or less
SUGAR 5gr or less
SALT 0.3gr or less
FIBRE 6gr or more

Check out the nutritional information on your food packages.