



St Lawrence C E Primary School Church Stretton

BREAKTIME SNACKS POLICY

To assist families in having a balanced diet through the week, our policy reflects the need for an increase in fruit and vegetable intake on a regular basis and a decrease in the amount of sugar, saturated fats and salts in our diet.

This policy was drawn up from a working party including parents, governors and teaching staff and takes effect from Tuesday, 6 September 2016.

Children to bring one item only for morning break.

(KS1 afternoon breaks are short - there is not enough time for children to have a food snack at that time and also take some exercise.)

Items should be selected from the following list:

- Crackers
- Breadsticks
- Dried fruit - raisins, apricots, etc.
- Raw Fruit/Veg
- Fruit bars (with no chocolate or yoghurt covering)

Crisps and chocolate covered bars are not permitted at morning and afternoon breaktimes.

Children may bring healthy snacks Monday to Thursday.



Each Friday will be “Free Choice Friday” (Children may bring a snack bar/biscuit of their choice)

This policy does not affect choices provided for children in packed lunches.

Allergies:

We do have children in school with serious nut allergies. Please can parents be mindful of this when providing packed lunches or snacks.