



Urchfont C. E. Primary School

Cuckoo Corner, Urchfont, Devizes, Wiltshire, SN10 4RA

Tel: 01380 840793

Email: admin@urchfont.wilts.sch.uk

School Snack Guidelines

29th February 2024

Dear Parents/Guardians

In line with many schools, we have recently been reviewing our School Snack Guidelines. Most children require a snack during morning break to keep them going throughout the day. In the past, we have encouraged fruit and vegetables to be brought into school.

We are now encouraging children to bring in healthy snacks full of vitamins and minerals containing no added salt, fat or sugar. Many of these will help contribute to their 5 daily portions of fruit and vegetables, keep them alert and help them concentrate. It can be hard during the week to think of suitable items for them to bring into school, but we are aiming, with the help of the children, to not only support them in making healthy choices regarding snacks, but to also reduce food packaging and waste.

Providing snacks in a small, named, recyclable container is ideal, Children in Years R, 1 and 2 have a daily snack of fruit or veg provided free by the government, so additional snacks for these ages may not be required.

If you are intending to send in healthy snacks with your child please limit them to the list below.

- Vegetable sticks – such as celery, cucumber, peppers or carrot, a range of colour ensures different vitamins and minerals.
- A piece of cheese or babybel.
- A piece of fruit or dried fruit, high in soluble fibre and vitamins would also be a great snack- pineapple, mango, kiwi, plain raisins, apricots, blueberries, banana slices.
- Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes, and small pitta bread are also good snacks, providing children with carbohydrate to sustain them in-between meals.
- Homemade snack – flapjacks or other oat/whole grain based snack. **These must be nut free.** Items brought into school should be carefully checked by you, to ensure this. Urchfont has pupils who are severely allergic to a range of nuts.

Please ensure that no chocolate, sweets or crisps are brought in as a snack.



We also need the children to stay hydrated and so please ensure they bring a named water bottle into school every day. Squash and fruit juice are not permitted. We hope that with your help, we can encourage our children to develop healthy eating habits, that become a normal part of everyday life. By keeping high calorie snacks to a minimum and establishing healthy eating habits early on, improvements can be made for a child's quality of life, both in the short and long term.

We hope these changes will help those children we have identified as waning throughout the morning and allow them to concentrate and perform to the best of their ability each day.

Yours Sincerely,



Mrs C. E .Talbot

