



Woodham Walter C of E Primary School

Snack policy

Woodham Walter Primary School is a healthy school, and this is reflected in our school snack policy. We recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to promote healthy eating habits for life. Healthy eating is explicitly addressed within the Science, PSHE, PE and D&T curriculum. All children in KS1, and Reception receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable Scheme.

At Woodham Walter Primary School we are aware of our carbon footprint and are trying to find ways to help the environment. We ask that parents provide snacks in reusable containers rather than single-use plastic pots e.g. for pre prepared fruit.

Snack can consist of:

- Fresh fruit or vegetables
- Children may like to eat their vegetable sticks with a hummus dip
- A small portion of dried fruit (small child handful)
- Savoury crackers, breadsticks or rice cakes (plain) – please watch the labels as many crackers have high salt/sugar content
- Small portion of cheese. This may be sliced or cubed (30g)
- Natural yoghurt/fromage frais – children must be provided with their own spoon from home
- Protein based snacks – i.e. meat sticks or boiled eggs
- Dried fruit snacks such as Yo-Yo's

We want to promote healthy, balanced diets so any snacks brought from home should be in their natural form and not be processed. Snacks will be regularly monitored by school staff.

Examples of foods that should not be consumed during snack time consist of:

- **Woodham Walter Primary School is a nut-free school and no food containing nuts should be brought on to the premises, including for after-school snacks.**
 - Dairylea Lunchables
 - Processed cheese – i.e. Cheese Strings
 - Dried fruit covered in yogurt or chocolate
- (Please note that this list is not exhaustive)

Lunch boxes

Packed lunches should ideally include:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day. Aim for wholegrain varieties where possible
- Dairy food such as milk, cheese (solid form), yoghurt, fromage frais, soya products everyday
- A non-fizzy drink, preferably water, fruit juice or sugar-free squash.

Due to allergies and risk of anaphylaxis, there are to be **no** items brought into school that contain nuts. This includes: hazelnut spreads, peanut butter, certain brands of biscuits and chocolate that contain nuts (e.g. Kinder Bueno), pesto (pine nuts), marzipan, nougat etc.

