

What is a Healthy snack?



What we are allowed:

- ✓ Fruit
- ✓ Vegetables
- ✓ Cheese
- ✓ Yoghurt
- ✓ Plain Crackers
- ✓ Fruity cereal bars
- ✓ Breadsticks
- ✓ Plain rice cakes
- ✓ Lean meat (slice of ham)



What we are not allowed:

- ✗ Crisps
- ✗ Chocolate (including Chocolate chips or any cereal bars with it in)
- ✗ Peperami
- ✗ Cereal bars with marshmallow in
- ✗ Biscuits
- ✗ Nuts



Healthy Schools