

# HEALTHY SNACKS LIST

*collated by the children*

## CHAMPION OF SNACKS – FRUIT

E.G. Apple / Banana / Pear / Plum / Tangerine / Orange / Kiwi / Grapes (cut in half) / Strawberries / Raspberries / Blueberries – Bring them in reusable pots or tubs

*They come in their own wrapper and they can be composted in school*

## GET CREATIVE WITH – VEGGIES

E.G. Carrot / Cucumber / Peppers / Tomatoes (I'm a fruit really)

## NOT FORGETTING ...

Popcorn / Crackers / Rice cakes / Bread sticks / Nuts / Hummus

We avoid wrapped snacks as part of our eco-council policy on reducing litter.

