

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 ...

Unsweetened popcorn / Crackers / Rice cakes / Bread sticks / Hummus

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

Our Lady Star of the Sea support the approach advocated by The Anaphylaxis Campaign and Allergy UK towards allergies. We are a Allergen aware school. No school could guarantee a truly allergen free environment for a child living with food allergy. Instead, we have adopted a culture of allergy awareness and education. This 'whole school awareness of allergies' ensures teachers, parents, pupils and all other staff are aware of what allergies are, the importance of avoiding the pupils' allergens, the signs & symptoms, how to deal with allergic reactions and to ensure policies and procedures are in place to minimise risk. In line with our school policy.

We therefore ask you not to bring nuts to school as an everyday snack – similarly bars which are nut based.

