

Snack Time



Monday to Thursday the children should continue to have healthy snacks. Any of the recommendations shared in this leaflet are fine.

On a Friday, children can bring in a "sometimes snack". This can be a bag of crisps, a chocolate bar or a small bag/packet of sweets. They can choose whether they eat this at break or lunch time.

We ask that the following items are not brought into school Monday to Thursday:

Chocolate bars, sweets, high fat crisps and squash/sugary drinks.

We will provide your child with water if a sugary drink is brought in.

If children bring in any of the below in their lunch box, they will be given a gentle reminder. Once they have been given 3 reminders the class teacher will send a message home to parents/carers.

Parents replied to "How often do you think the following foods should be in packed lunches at your school?"

Crisps
80% said
once a
week

Chocolate &
sweets
96% said once
a week

Sugary
drinks
96% said
never



St Mary and St Michael's Guidance for Little Lunchboxes

25 ideas that support our children to eat well

Where possible include the 5 main food groups each day

Vegetables For Health



6-8 carrot sticks



6 cucumber sticks



6-8 mangetout



6-8 pepper sticks



4-5 cherry tomatoes

Fruit To Fight Disease



1 banana/easy peel clementine/kiwi fruit



2-3 tbsp of fruit salad



7-10 grapes

1 apple cut into wedges



2-3 tbsp of berries



Calcium

For Strong bones and teeth



1 pot of natural (plain) yogurt

2-4 tbsp of cheddar cheese
(grated or in sticks)



5-6 tbsp of custard

2-4 tbsp of rice pudding in pot

2-4 tbsp of fromage frais in pot



Protein

For Growth



2 slices of chicken/turkey/meat
alternative

1 hard boiled egg



2-4 tbsp of hummus

1 slice of quiche (the size of your
child's palm)



2-3 tbsp of salmon or tuna

Grains

For Energy



1 – 1 ½ bread roll/bagel/pitta bread

2-4 crackers/oatcakes



6-8 tbsp of cooked pasta/potato salad

Try a mixture
of refined (white) and wholegrain
carbohydrates

Drink

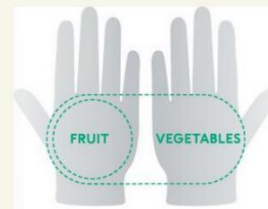
For Hydration



A bottle of water
200ml of juice (a small carton)



Portions & Sizes



Fruit & Veg

5+



Protein sources

2-3



Dairy

3



Carbs

7-8

The above are guides to portion sizes children above the age of 5

For further ideas on lunch boxes check the link here:

<https://bit.ly/3oQfdUd>