

What about snacks for break time?

The best options for breaktime snacks are:

- Portion of fresh fruit (no dried fruit as snacks please as the sugar can stick in teeth).
- Vegetable sticks.
- Other ideas for healthy snacks could be rice cakes, bread sticks, bag of plain popcorn.

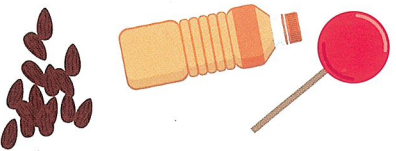
Please check your school's policy on snacks

What should I NOT bring to school?

Please do **NOT** include the following items:

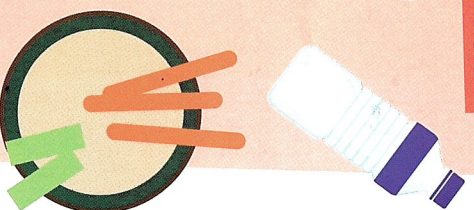
- ✗ Sweets and chocolate bars – these foods are high in sugar and calories, low in goodness, and are harmful for teeth.
- ✗ Squash or fizzy drinks – water is best for teeth.
- ✗ Other items e.g. nuts, sesame, fish – please check your school's allergy policy.

Thank you!



5 top tips for your packed lunch

- Freezer packs can keep food cool. Freeze a (reusable) bottle of water which will be ready to drink by lunchtime.
- Get your child to help pack their lunch box – they are more likely to enjoy it.
- Love to dip? - cut up pita bread or veg sticks to have with a dip.
- Use pastry cutters to cut funny-shaped sandwiches.
- Protect your fruit by putting it in a small plastic container e.g. apple/banana guard.



Get more vegetables in your lunches!

Here are some GREAT ideas for upping the veg content in your lunchboxes <https://simplyveg.org.uk/lunchboxes>



Be safe!

- Please cut up food into small sizes for young children. Cut grapes and cherry tomatoes in half (lengthways if oblong).
- Be aware of allergies – please check your school's allergies guidance.

School dinners are bee

Making packed lunches can be time consuming and expensive – why not try school dinners?

School meals provide your child with a nutritionally-balanced variety of foods. Every infant child (aged 5-7) is entitled to a **FREE** school lunch.



Also, **FREE school meals** for all age groups are provided to families who receive qualifying incomes such as income support and universal credit. Ask your school office how to order yours. More information is available from your school's website or the **North Yorkshire Council website**

www.northyorks.gov.uk/education-and-learning/school-meals
www.northyorks.gov.uk/free-school-meals

Here are some websites with more information help your family to stay healthy, happy and we

healthyschoolsnorthyorks.org/healthy-food
www.nhs.uk/healthier-families
www.nhs.uk/start4life

And some information on saving money, local banks, financial support and eating well on a bu

healthyschoolsnorthyorks.org/costsaving



Healthy Schools
North Yorkshire



NORTH YORKSHIRE COUNCIL

Leaflet developed by Public Health, North Yorkshire Council and the North Yorkshire Healthy Schools Programme.