

# SUPER SNACKS!

## SOMETHING FRUITY



FRESH - Apples, strawberries, melon, bananas, kiwi

TINNED - Pineapple, fruit cocktail, mandarin

DRIED - Raisins, apricots, fruit salad, tropical mix

## VEGGIE BITES

Carrots (batons or chunks), celery sticks, tomatoes, cucumber chunks.  
Try with dips of yoghurt (with mint sauce or tomato puree)



## SAVOURY NIBBLES

Lower fat crisps, twiglets, plain popcorn, sesame snacks, crumpets, savoury muffins, cheese scones

## AND SWEETER ONES TOO.....



Fruit loaf, teacakes, malt loaf, fruit muffins, scones, pancakes, carrot cake, flapjacks, plain biscuits, fruity biscuits, cereal bars, hot cross buns

# HEALTHY PACKED LUNCHES

AND

# SUPER SNACKS!



At Church of the Ascension we would like to work together with parents and carers to encourage our children to make healthy food choices.

We hope this leaflet will provide ideas for healthy packed lunches and suitable snacks.



As we have several children who suffer with a severe nut allergy we are a 'nut-free' school and ask that you support this by not sending in any nuts or nut products with your child's lunch or snack, including sandwich spreads that contain nuts.

Black Country Healthcare advised that in a recent survey over 15% of 5 year-olds in Kingswinford North & Wall Heath have experience of dental decay.

One of their recommendations is to give your child sugar-free drinks.

We also request that NO sweets or lollipops are sent in for lunch and snack.



Children should have a named drinks bottle which contains WATER ONLY which they can have in the classroom and a separate drink for lunchtime.



For a tasty, healthy packed lunch choose at least one item from each of the groups mentioned below and try to vary the foods each day.

#### Bread and starchy foods

Bread—including rolls, French, wraps, pitta, naan and chapattis

Try wholewheat high fibre varieties  
Oatcakes, savoury scones and crispbreads  
Rice, potato and pasta salads

#### Fruit and vegetables

Fresh fruit e.g. apple, banana or segmented orange  
Dried fruit e.g. sultanas, raisins or apricots  
Salad and raw vegetables e.g. tomato, carrot or celery sticks

#### Fish, meat or alternatives

Lean meat, chicken, tinned fish, cheese, houmous, hard boiled egg

#### Milk and dairy products

Milk, yoghurt, fromage frais, cheese and cheese spreads

#### Drinks

Milk, water, sugar-free soft drinks

#### Optional extras

Lower fat crisps and savoury snacks, tea cakes, fruit cakes and muffins, plain biscuits