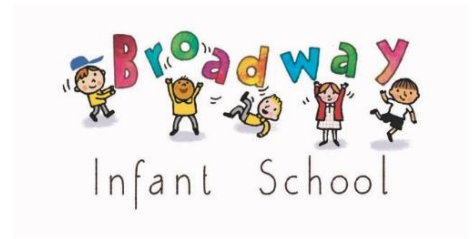


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Healthy Snacks

The Government fruit scheme provides all children in school 1 piece of fruit or a vegetable every day at school.

You can also send an additional healthy snack to school for your child to have at break-time. Please look at the table below for a list of suggested snacks, obviously this is not an exhaustive list so there might be other healthy snacks that you would like to send in. There is also a list of snacks that we ask you not to send in to school; if a child brings any items from the second list then they will be asked not to eat it and it will be sent home at the end of the day.

Suggested snacks	Please do not send these snacks to school
<ul style="list-style-type: none">• Fruits• Dried fruit• Yoyo Bears or similar• Veg sticks• Rice cakes• Crackers• Malt loaf / fruit bread• Bread sticks• Cheese cubes / cheese strings• Dairylea Dunkers or similar• Cereal bars - must be nut free	<ul style="list-style-type: none">• Cake• Chocolate• Biscuits• Sweets• Crisps• Nuts - we are a nut free school• Pastries• Juice carton

Drinks – as a reminder we ask that children have water only in their drinks bottles at school.

Milk can be purchased from the dairy if your child would like a milk drink at break time (this is free while your child is still 4 years old).

Children are provided with a cup of water with their school lunch however if you would like to send an alternative drink for them to have with their lunch you can do so.