

Not recommended as snack/drink choices

Try to avoid:

- Crisps
- Sweets and chocolate bars
- Fizzy drinks
- Fruit juice and fruit smoothies
- Dried fruit
- Savoury snacks
- High sugar or high fat baked products
- Processed meat products
- Sugar-free confectionary
- Croissants and pain au chocolat
- Cereals and cereal bars that are high in fat, salt and sugar



How should I pack my child's snack?

Please place your child's snack in a clean, sealed plastic bag every day marked for After School Care.

Please be aware that if certain foods are left in snack bags without being chilled can make the foods deteriorate faster which can result in upset tummies.

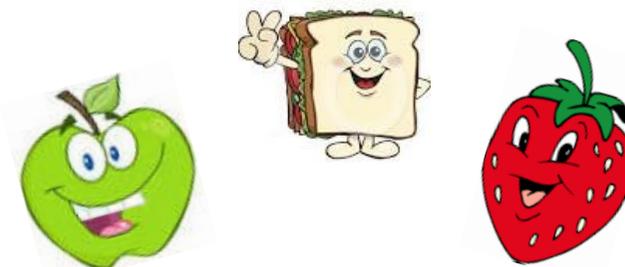
IDEA!

Using a frozen ice pack in the bottom of the bag helps to keep foods fresh.

DID YOU KNOW

Be aware plastic carrier bags carry germs. Buy a roll of plastic freezer bags to put your child's snack in.

HEALTHY SNACKS



Having a healthy snack at after school care is important for children to be able to play without feeling hungry.

This leaflet aims to give you more information on what to pack to ensure your child enjoys a healthy and nutritious snack.

Spending the day learning and playing requires the right sort of fuel.

What should I put in my child's packed snack?

Load up your child's packed snack with tasty food that is both healthy and appealing.

Sandwiches

Sandwiches are an easy choice for a packed snack. To give a little variety try different breads and rolls such as wholemeal, granary, poppy seed, pitta breads and bagels.

Fill with:

- Chicken and lettuce
- Banana
- Mashed egg and salad
- Tuna and tomato



IDEA!

Make sandwiches attractive using cookie cutters or roll bread to make small pinwheel sandwiches.



Some alternatives to sandwiches

- Rice cakes
- Left over pasta dishes
- Home-made rice or pasta salad
- English muffins



Fruit and Vegetables

- Sliced apples, oranges, pears
- Easy to peel mandarins
- Grapes, strawberries, kiwi fruit
- Vegetable or fruit kebabs
- Baby carrots, cherry tomatoes, cucumber chunks



IDEA!

Children love small items they can eat as finger food. Chop fruit into bite sized pieces and put it in a bag to keep it fresh.

Occasional snack choices

- Natural yoghurt
- Natural fromage frais
- Small scones or pancakes
- Breadsticks and oatcakes
- Reduced and full fat cheeses



Drink

Water is provided, or alternatively you can provide milk.



Allergens

All After School Clubs are **NUT FREE** zones due to allergy risks. Please do not provide items which contain nuts, including chocolate spread. Please make sure that the After School Care is aware of any allergies your child might have.