



Bishop Wood School's Snack Policy

Many children will benefit from having a mid-morning snack. These guidelines have been developed in line with SFT and it is important to understand that they are as much about promoting dental health as well as good nutrition which is why they appear stricter than the lunchbox guidelines. Remember that these guidelines only apply to snacks and not food included within the lunchbox. Notable differences are that cakes and biscuits can be included within the lunchbox.

The school encourages any of the following snacks or drinks:

- **Fruit or vegetables.** Fruit can be fresh, canned or dried. Fruit products with added sugar are discouraged eg very sweet fruit puree pots or yoghurt with added sugar.
- **Cereal bars**, excluding those with nuts or chocolate.
- **'Compact' fruit bars.** Fruit 'strings' are discouraged because they cause more harm to teeth.
- **Fruit or plain yoghurts or fromage frais.**
- **Cheese cubes, triangles or strings.**
- **A bread-based savoury snack** eg sandwich, pitta bread, bagels, baguettes, wraps.
- **A sweet bread-based snack** eg teacakes, plain brioche, fruit bread and malt loaf.
- **Unflavoured rice cakes.**
- **Fruit smoothies, yoghurt drinks, fruit or milk.**

Our School is a nut free environment. **PLEASE REMEMBER THAT NUTS OR PRODUCTS THAT CONTAIN NUTS MUST NOT BE INCLUDED.**

Note: Encouraging a small drink of water after snack time will help clean children's teeth. Any biscuits (even plain ones) or cakes are not allowed as a snack. Any squashes (including low sugar ones) are not allowed.

Drinks through the day

It is important that children are encouraged to drink water throughout the school day, especially after periods of exercise. To make water more accessible we;

- Allow children to bring a sports bottle from home;
- Encourage children to have a drink after break and lunch time;
- Provide water jugs and cups on the tables at lunch time;
- On hot days provide jugs and cups of water in the school playground.