



Friday 14th February 2020

Dear Parents/Carers,

We are writing to inform you that, in line with government guidelines and our own healthy eating policy, the school tuck shop will be closing on Friday 14th February 2020.

From Monday 24th February, the children in Key Stage 2 will be able to bring in fruit or vegetables for a snack at break time. The children in Key Stage 1 are already provided with a healthy snack to eat during morning break so will not be affected by this change.

Members of the School Nutrition Action Group (SNAG) will be checking the Key Stage 2 playground to make sure the children are bringing healthy snacks into school to eat at break times. Any child bringing in an unhealthy snack will be asked to bring in a healthy alternative the following day. If a child continues to bring unhealthy snacks into school, they will have their snack saved to be taken home at the end of the day.

In addition to this, in order to ensure all children are eating healthily during lunch times, SNAG has come up with a list of healthy foods which children can bring into school to eat if they have a packed lunch.

We are attaching the list to this letter and would like to draw your attention to our message: Low fat. Low sugar. Low salt. No nuts. No chocolate.

We thank you for your co-operation.

Kind regards,

- SNAG: Chinaza, Tayler, Kaitlyn, Amelia, Isla, Ta'laila, Sienna, Anya and Mrs Kay.

Enclosure

Unhealthy	Healthy
Cakes and muffins	Rice cakes (no chocolate)
Biscuits and cookies	Cereal, granola and muesli bars (no chocolate or nuts)
Cheese strings and processed cheese	Cubes of unprocessed cheese
Peperami sticks and other processed meat products	Vegetable sticks/crudités
Crisps	Vegetable and pulse/bean based alternatives/fruit crisps (apple, pineapple etc.)/unsalted popcorn
Sugary and fizzy drinks	Water
Yoghurt drinks and milkshakes	Vegetable/fruit, low-fat natural yoghurt
Sweets and lollipops	Fruit and dried fruit (raisins, apricots etc.)
Crackers	Breadsticks
Chocolate	Banana and other fruit chips
Buttered toast	Pitta pockets
Foods high in fat	Foods low in fat
Foods high in salt	Foods low in salt
Foods high in sugar	Foods low in sugar
No nuts! No chocolate!	