

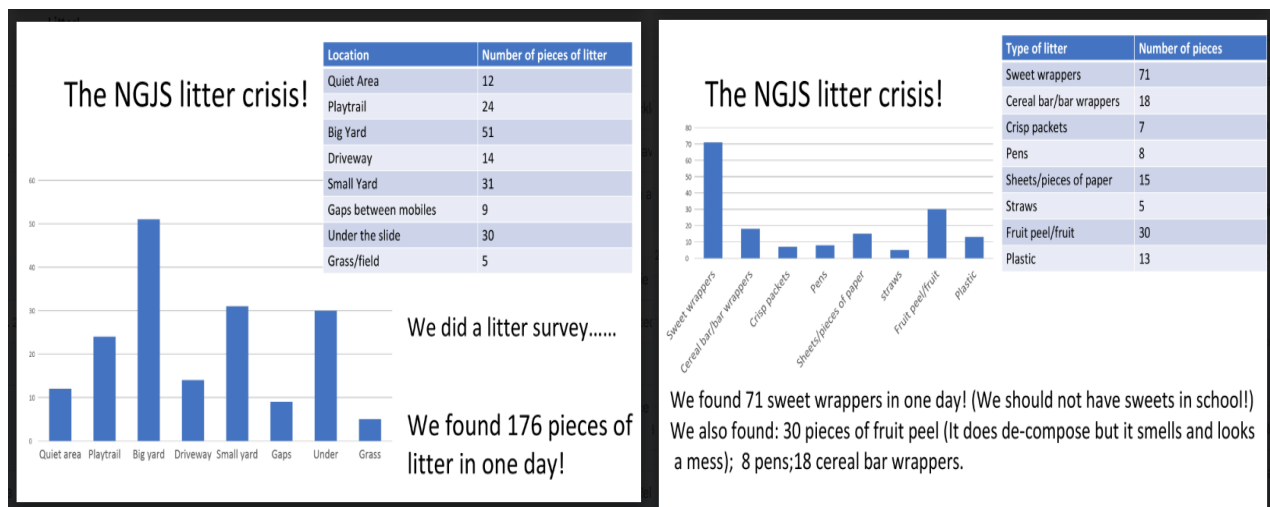
Healthy Eating

Dear Parents,

There has been a huge increase in the number of children bringing in unhealthy snacks to eat at playtime and lunchtime. These include large bags of crisps, chocolate bars and sweets. We have noticed too that the children have also been buying extra-large bags of sweets and crisps to share with other children. Some of the older children have also been calling at Tesco on their way to and from school and buying these snacks.

Litter Picking

Every Friday afternoon, a different class has been litter picking around our school grounds – your child might have talked to you about this. As the children collected the litter, they made a tally of the types of litter found. The overwhelming type of litter found was sweet wrappers.



If we work together, we hope that we can drastically improve the amount of sweets, chocolate, crisps and unhealthy snacks that the children in school are eating

We ask, that as parents, you talk to your child about the importance of healthy eating and the type of snacks they could bring to school. In school, we shall be placing more emphasis on healthy eating by talking to the children in assemblies, in lessons and making them more aware of why we need to eat healthily.

Free Fruit

In school, the children are able to help themselves to free fruit every break time brought to their classroom by the fruit monitors. Please talk to your child about this option as a healthy snack and we too shall encourage the children to eat a piece of fruit each day.

If your child brings a snack to school, please talk to your child about the type of snack they could bring that would be a healthier option.

Eat Smart Sheffield gives this advice when buying snacks from the shops as well as giving suggestions for homemade healthy snacks.



Choosing healthier snacks in the shops

If you are short on time, here are some good ideas for snacks that you can pick up in the shops:

- a slice of malt loaf
- lower-fat, lower-sugar fromage frais
- plain rice cakes or crackers with lower-fat cheese
- sugar-free jelly
- a crumpet
- a scotch pancake
- breadsticks
- raisins

Check the packaging

If you're buying other snacks off the shelf, paying attention to the packaging and nutrition labels can also help you make a healthier choice. Keep an eye out for the "Good choice" badge on products in store and when shopping online to help.



Many products also have traffic light labels on the front of packs, which can be a really useful guide when deciding which ones to buy. Pick ones with more greens and ambers on the label, and cut down on snacks that show any reds. Or scan the snack's barcode using the [free NHS Food Scanner app](#) to find out more about what's in it and quickly get suggestions for healthier alternatives.

Quick homemade snack ideas

DIY snacks can be healthier and often cheaper than packaged ones. Making them with your children can also be lots of fun and a great activity to do together. Give these great, easy-to-prepare snack ideas a try today!



Muffins with cream cheese and cucumber sticks



Yoghurt with mandarin segments



Toasted malt loaf with strawberries



Sugar snap peas with low-fat hummus



Fruit and yoghurt dip



Homemade popcorn



Low-fat hummus with veggie fingers



Mashed avocado and boiled egg



**Rice cakes with low-fat cream cheese
and cucumber**



Cheesy oatcakes with tomatoes



Toasted pitta with tuna, mayo and yogurt dip



Boiled eggs

Fruit and veg snack ideas

Fresh fruit and vegetables are always the best snack choice for your kids – they contain vitamins and minerals, are a good source of fibre and count towards their [5 A Day](#). Plus, they're easy to eat on the go!



Fruit kebabs



Cucumber caterpillars



Cherry tomatoes



Watermelon "fruit lollies"



Carrot, pepper and celery sticks



Grilled tinned pineapple

Budding Chefs

If you have a budding chef in your family why not encourage them to try one of the following recipes!

Chickpea Salad

<https://www.foodforlife.org.uk/~media/skills/recipes/recipes%20spring%20term/key%20stage%202/chickpea-salad-recipe.pdf>

Spanakopitta

<https://www.foodforlife.org.uk/~media/skills/recipes/recipes%20spring%20term/key%20stage%202/spanakopitta-recipe.pdf>