



Healthy Snacks



Thriftwood is a Healthy School.

As a whole school we recognise the importance of **healthy eating**. We encourage everyone to bring **healthy snacks** into school for break time (10:45-11:05am).

There are plenty of healthy options - here's some ideas:

Fruit and Vegetables

- Fresh, dried or canned fruit – apples, apricots, bananas, cherries, coconut, kiwi, nectarines, melons, peaches, pears, plums, raisins, currants, sultanas, raspberries, blackberries, strawberries
- Fresh carrots, tomatoes, sugar snap peas, pepper slices, cucumber chunks, celery sticks

Bread Based Snacks

- plain bread
- ½ a bagel
- ½ a savoury bun
- ½ an English muffin
- ½ a teacake

Add extra toppings to bread-based products to make them more interesting. Try low fat spread, cream cheese, marmite or fresh, tinned or dried fruit or vegetables.

You could also try:

- Muffin pizzas – ½ an English muffin topped with tomato sauce, cheese and vegetables or ham
- Malt loaf – individually wrapped or 2 thin slices
- Porridge with added fruit or seeds
- Fruit bars – made only of dried compacted fruit
- A yoghurt, fruit and cereal selection
- Fruit smoothies – add oats or muesli to make them more filling.
- Yoghurt, fromage frais or soya milk.
- Seeds – pumpkin, sunflower or poppy

Due to allergies we ask that **no nuts** are included in snacks, please.