



Healthy Snacks



For Healthy Kids!

Working Together For Healthier Habits!

We want to encourage healthy habits among our pupils.

Nobody is perfect all the time but at Camphill the message is that fresh fruit and vegetables are essential everyday foods. They develop strength and resistance to illness.

We want parents to send in only healthy foods for breaktime snacks, and water or milk to drink.

Why is the school telling us what we should be eating?

Habits formed in the early years stay with us!

We have a responsibility to encourage children to develop healthy habits - they need to hear consistent messages from both home and school.

The evidence supporting healthy eating habits as a preventative measure to protect against disease and ill health is as strong as the argument for trying to stop children from smoking.

This is a great opportunity for schools and parents/carers to work together to encourage good food knowledge and healthy habits amongst children.



Yes please!

- Fresh Fruit
- Fresh Vegetables - carrot sticks make a crunchy snack
- Bread based products
- Cheese
- Yoghurt
- Water, milk, unsweetened fruit juice

This is a positive policy focusing on what we **do** want children to eat. By sticking to healthy choices in school we will be encouraging healthy habits for life.

Examples of Nutritional Information - Fresh Fruit Per 100g

- Bananas - Calories 89, Fat 1%, Saturated fat 1%
- Apples - Calories 52, Fat 0%, Saturated fat 0%
- Oranges - Calories 47, Fat 0%, Saturated fat 0%

Fresh fruit and vegetables are also high in essential vitamins in their natural form; these are most easily absorbed by our bodies.

No thanks!



- Crisps
- Nuts (For allergy reasons)
- Chocolate
- Biscuits
- High sugar content cereal bars - these may appear healthy but often have a higher fat and sugar content than you think and also can contain nuts e.g. Kellogg's Fruit winders, Coco Pop bars
- Processed juice drinks
- Fizzy drinks



Examples of Nutritional Information - Popular Cereal Bars Per 100g

- Coco Pops Cereal and Milk Bar - Calories 415, Fat 11%, Saturated fat 9%
- Rice Krispies Cereal and Milk Bar - Calories 413, Fat 11%, Saturated fat 8%
- Nutrigrain Bar - Calories 358, Fat 8%, Saturated fat 3%

Source: Kellogg's

But my child doesn't like fruit or veg!

Humans seem to have an inclination towards sugary, fatty and salty foods which may come from a time when food was scarce and we needed to get as much as we could. Nowadays, we have easy access to foods that contain far more of these things than we need. Children need help to acquire healthier tastes and routines and the early years are the ideal time to do this.

But it sometimes seems fruit is more expensive!

Convenience snacks can seem cheap as they are often available in multi packs or on offer. However, if you compare the price of a bag of crisps to, for example, a banana, you'll find the reality is that the cost is similar. Especially when you think about the nutritional value of one compared to the other.

Convenience snacks may have a longer shelf life but the processing and preservatives that give them that shelf life are another good reason to encourage an alternative taste for good, fresh food.

Occasional Treats - All things in moderation!

There is nothing wrong with the odd treat and we enjoy a treat as much as anyone!

However, we feel that a more structured and consistent message around snacks is needed. From now on, we are saying no to sweets and treats being sent in for birthdays etc. as they can become almost daily.

We will still have celebration times in school, for example, class parties at Christmas etc. and we will have occasional "Treat Days" throughout the year, these will be agreed with our School Council.

Most of the time, we are in the business of helping children to establish good routines that will stand them in good stead for the future. This means that on a daily "work-day" basis we are going to be pushing the Healthy Foods message.

We make no apology for this and we ask that you support us - together we can make a difference and potentially form healthy habits to last a lifetime.