

What is included in a healthy break for school?

| | Suitable | Not suitable |
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| Drinks | plain water milk (whole, semi-skimmed, skimmed) | fruit juice Squash (even low sugar) fizzy drinks of any kind (even diet drinks) Smoothies |
| fruit and veg | all fresh fruit and vegetables tins of fruit in juice (<u>not syrup</u>) | Dried fruit e.g. raisins Fruit in syrup or sugar |
| bread | white/brown/wholemeal bread, rolls, baguette, plain bagels, wheaten, soda, potato bread, pitta bread margarine, low-fat spread, butter bread sticks, crackers, crisp bread any non-sugary sandwich filling e.g. salad, chicken, meat, tuna, cheese, egg | pancakes, scones, cereal bars, fruit bread, malt bread, brioche, biscuits, croissants, cake, buns peanut butter, jam, honey, chocolate spread, marmalade Tuc, Ritz crackers |
| other | non-processed cheese e.g cheddar Hard boiled egg plain yoghurt A small portion of non-salted nuts (except in circumstances where another pupil or member of staff has an allergy) | cheese slice, cheese strings any processed cheese any flavoured yoghurt, even low-sugar or low-fat Custard, sweetened rice chocolate bars, sweets Salted peanuts Crisps Jelly Cured meat e.g. pepperoni |

Please note: even if your child is not bringing a healthy break, fizzy drinks are not allowed in school at any time.