Healthy Snacks
Accepted at Our School

Choose a healthy snack to help you feel good, have energy and be ready to learn!

Fresh or dried fruit



Vegetables
(e.g. cucumber sticks or carrot sticks)



Plain or low-sugar yoghurt



Plain crackers or with cheese



Small bag of plain popcorn



Low-sugar breakfast bar
(no nuts)



Plain rice cakes



Other healthy options
(e.g. cheese cubes, plain oatcakes, plain fromage frais, etc.)



Healthy choices = Happy you!