Healthy SNACKS!

OUR Suggestions...

Fruit and Veg

Apples, Pears, Oranges, Bananas, Grapes,
Strawberries, Celery sticks, Carrot sticks,
Cucumber sticks, Pepper sticks.
These are all great choices
AND they help you to reach your recommended
five a day!

Along with fruit and veg we also recommend cereal bars, but remember they must NOT contain nuts.

Also every child must bring in a water bottle each day, that must be filled with **water** only.