



**Ecclesfield Primary School**

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Executive Head J. Eagleton BSc Hons PGCE NPQH

1st October 2024

## HEALTHY SNACKS AT PLAYTIMES

Dear Parents and Carers,

At playtimes, children are able to bring in healthy snacks to eat. We do ask that if children are bringing in a snack to have at playtimes, you ensure that this is healthy. Please see the list of suggested healthy snacks below. Crisps, sweets and chocolate bars should not be sent in.

If your child is in FS, Y1 or Y2, they are provided with a piece of fruit which is available to them daily for free. Although you can provide an additional snack for your child should you wish.

If your child is in Y3, Y4, Y5 or Y6, a healthy snack is also encouraged. The school tuck shop for Y3+ will be starting in the next couple of weeks, which will give the children an option to purchase a healthy snack. Please see the attached proposed list of items that can be bought from school's healthy tuck shop. Please note that you are still able to send in a healthy snack for your child if you choose to do so.

Thank you for your continued support.

**P. Robinson**

Mrs Robinson  
Head of School





# KS2 Tuck Shop Price List 2024-2025




## Foods we Encourage

- Fruit
- Vegetables – try sticks of cucumber, carrot, celery
- Salad
- Cheese/crackers
- Breadsticks
- Rice Cakes
- Wholemeal bread – try making a sandwich with one slice wholemeal and one slice white to introduce it to your child
- Try pitta bread, pasta or rice salad
- Lean ham/turkey/chicken are good sources of protein
- Dried fruit, raisins, apricots
- Yoghurt
- Hummus
- Alternatives to chocolate could be, scones, tea cakes

## Foods we Discourage

- Sweets and chocolate bars/packets
- Processed cheese products, e.g. cheese strings
- Cereal bars
- Processed fruit bars
- More than one sweet snack, this could be a biscuit, bun, piece of cake
- Fruit Winders
- Crisps
- Chocolate spread
- Sausage rolls

