



AJS Mid-Morning Snack Policy

Aim:

- To ensure that mid-morning snacks brought from home align with UK food guidelines for schools, promoting healthy eating habits and balanced nutrition among KS2 children.

Purpose:

- To ensure KS2 children bring nutritious snacks that promote health, focus, and energy while supporting sustainability and reducing waste.

To whom this policy applies:

- To all pupils and parents/carers providing snacks to be consumed within school or on school trips during normal school hours.

Key principles:

- Snacks should be full of vitamins and minerals, containing no added salt, fat or sugar.
- Snacks should contribute to the recommended 5 daily portions of fruit and vegetables. Variety over the week is the key.
- Snacks should support sustained energy and concentration between meals.
- Processed snacks, purchased pre-wrapped in plastic, are rarely healthy.

Approved snack choices:

- Vegetable sticks: e.g. carrots, celery, peppers or cucumber.
- Dairy options: slices of cheese or a Babybel.
- Fruit (fresh or dried): e.g. pineapple, mango, plain raisins, blueberries, banana slices, grapes.
- Carbohydrate-based snacks: e.g. breadsticks, small pitta breads, oat/rice cakes.
- Homemade wholegrain snacks: e.g. flapjacks or other oat-based snacks.
- Nuts or nut products are not permitted. We are a NUT FREE SCHOOL.

Packing and sustainability:

- Snacks should be provided in small, recyclable containers to reduce food packaging and waste.

Drinks:

- School provides fresh drinking water which is readily available at all times. Fruit juice, squash, 'fizzy' drinks or those containing added sugar are not permitted.

Implementation:

- By encouraging children to make healthy, sustainable snack choices, we aim to establish lifelong habits that enhance both their short-term quality of life and long-term well-being. With parent/carer support, we can foster a healthy eating culture that benefits all pupils.

As with the other food standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.