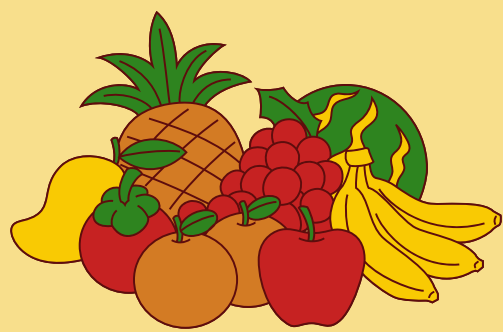


PLAYTIME SNACKS AT FARSLEY WESTROYD PRIMARY SCHOOL AND NURSERY



APPROVED

UNAPPROVED

FRESH FRUIT

Apples, Bananas, Grapes, Blueberries, Strawberries, Raspberries, Oranges, Pears, Watermelon, Pineapple or Melon.

FRESH VEG

Carrot Sticks, Cucumber Sticks, Cherry Tomatoes, Sugar Snap Peas, Celery Sticks or Peppers (Sliced).

DRIED FRUIT, PLAIN RICE CAKES & BREADSTICKS

Small portions of dried fruit such as raisins or apricots (these must be unsweetened), rice cakes and breadsticks must be unsalted, unsweetened and plain.

HEALTHY DAIRY CHOICES

Small portions of cheese or yoghurt (please ensure these are in suitable containers and stored appropriately).

SNACKS HIGH IN SALT, SUGAR & FAT

Crisps

Crackers

Peperami

Cereal Bars

Protein/health bars

Fruit bars

Biscuits

Cookies

Fruit winders

Fruit pouches

Yoghurt coated fruits

Popcorn

Flavoured rice cakes

Salted or flavoured

Breadsticks

Fridge raiders

Sweets & chocolate

