



# Food Council Newsletter

## The standards for Break-times

Many children have been asking the Food Council what they can eat at break-times; we looked at all the information from the government about healthy eating.

The ideal snacks we can eat are:-

Whole pieces of fresh fruit

Fruit pots of sliced / chopped fresh fruit

Canned fruit in natural juice

Dried fruit without added fat, salt or sugar

Salad pots

Vegetable sticks with dips

Other raw vegetables such as:- Tomatoes, carrots, peppers, cucumber and celery.

Yoghurt or Fromage Frais (plain or fruit).

English muffins

Plain currant/raisin bread

Combinations of nuts and seeds without added fat, sugar and salt.

**Playtime snacks no longer allowed at Warberry School from  
September 2007:-**

**NO confectionary e.g.:-** Chocolate bars, crisps, chocolate or sweet covered cakes and no biscuits with icing or chocolate on them.

**NO savoury snacks** e.g. Crisps or 'crisp like' products, salted nuts and breadsticks.

Further information is available on the following websites:

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

[www.food.gov.uk](http://www.food.gov.uk)



## Snack

### Attack Tuck

#### Shop - KS2

The tuck shop is  
opened daily from  
8.45am to 9.00am.

Here are a few  
items that are sold  
at the Tuck shop:-

Fresh popcorn -10p

Raisin Bread - 10p

Fresh Fruit boxes-  
35p

Dried fruit bags -  
20p.

Banana chips - 30p

Milkshakes - 30p

Fruit Juice cartons  
- 35p

Fruit Juice Cans-  
40p

Aqua juice bottles -  
35p

Calypso cup drinks -  
20p

and various seasonal  
produce

# Packed lunches

## A BALANCED HEALTHY LUNCH CAN INCLUDE:-

**Cakes** e.g. Sponge cake, swiss roll, fruit cake, banana cake, apple cake, carrot cake, gateaux, sponge fingers, buns, American muffins, Chelsea buns, pastries (croissants, Danish pastries, bakewell tarts, jam tarts, mince pies, custard tarts).

**Biscuits** include all types, sweet (digestive, ginger nuts, flapjacks, short bread, and wafer) and savoury (cream crackers, bread sticks, oatcakes).

It is advisory that the following is eaten in moderation with a balanced meal.

**Confectionary** e.g. chocolate, biscuits containing or coated with chocolate, cereal bars, processed fruit bars.

**Savoury snacks** e.g. Crisps or 'crisp like' products, salted nuts and breadsticks.



## RECOMMENDED DRINKS

Drinks e.g. Plain water (still or carbonated). Combinations of water with fruit juice/vegetable juice, skimmed milk, semi-skimmed milk, fruit juices, vegetable juices, drinking yoghurt, fruit smoothies, milk smoothies and yoghurt smoothies.

**Don't forget to bring  
a bottle for our  
cool fresh water!**

