



Milltimber School



Ideas For Healthy Snacks

Advice for Parents and Carers



Reviewed June 2014

Healthy Eating

Milltimber School is a Health Promoting School and supports a whole school approach to healthy eating. This leaflet has been produced to promote working in partnership with parents to encourage our pupils to choose the healthy option.

Healthy eating is important for everyone, especially children, to ensure that they receive all the nutrients they need to grow and develop. Eating well and being physically active will improve your child's/children's health as well as their ability to learn and achieve at school. Encouraging your child/children to eat healthily now will make them more likely to adopt a healthy lifestyle as they grow older.

British Nutrition Foundation



Snacks can help children get some of the important nutrients needed to grow and maintain a healthy weight, they should be healthy, high in nutrients but low in sugar, fat and salt. High calorie snacks like sweets, chocolate, biscuits and fizzy juice can lead to tooth decay and dull your child's/children's appetite for healthy food. Snacks should complement other meals, so try to select healthier options by thinking about the foods that your child/children eat at mealtimes. Snacks should not replace a meal so help your child understand how much is enough.

Top Tip - use snack-size bags or containers to control serving size.

Drinks

Fluids are essential as part of healthy living and need to be encouraged to prevent dehydration.

Water is the ideal option as it aids hydration without harming teeth. It also helps to improve children's physical and mental performance.

Your child/children should bring a water/sports bottle to school which will be kept in the classroom. Throughout the day your child/children will be given the opportunity to refill their bottles from the cold water fountains situated in each area. *Drinking directly from the water fountain is not permitted.*

Fruit Juice; the latest dental research suggests that this should only be drunk at meal times.

Milk; low fat, semi skimmed, soy milk is an easy way to drink a healthy snack. Nursery and Primary 1 receive a 200ml carton of semi-skimmed milk daily. (Provided by Aberdeen City Council)

Ideas for Healthy Snacks

Fruit and Vegetables

These provide vitamins and minerals essential for your child's health.

Primary 1 and 2 children receive a portion of fruit/vegetables once week on a Thursday. (Provided by Aberdeen City Council)

Fresh Fruit; apples, bananas, plums, kiwi fruit, oranges, pears, raspberries, grapes, strawberries, pineapple, melon, peaches etc. Try to offer a variety.

Top Tip - slice up a selection and serve in a small bag or tub. It is a good idea to choose fruit which is in season, as it is cheaper.

Dried Fruit; raisins, dates, apricots, sultanas etc. They have a much longer shelf life than fresh fruit and can be bought in bulk and made into smaller bags, particularly in winter.

Raw Vegetables; any vegetable including baby corn, broccoli, carrots, celery, cherry tomatoes, cucumber, peppers etc. These can be served with a low-fat dip made with natural yoghurt or houmous. Again try and buy vegetables in season.

Top Tip – you can save time by storing sliced/chopped vegetables in the fridge.

Dairy Foods

These provide essential calcium which builds healthy teeth and bones. They are a valuable source of protein for growth and development.

Yogurt; low fat plain or fruit yoghurt or fromage frais.

Cheese; low fat cheese portions, low fat cheese spread.

Carbohydrates

These are the best source of energy for active, growing children. They contain fibre and vitamins.

Sandwiches; try various fillings – cold meat, tuna, grated low-fat cheese, egg, salad items, tomato or banana.

Top Tip – try different breads and encourage your child/children to make their own sandwich and try to avoid jam or chocolate spread.

Some Other Choices; bagels, breadsticks, plain or fruit scones, pancakes, crumpets, crackers, oatcakes, rice cakes, pitta bread, French bread sticks, toasted sandwiches, plain popcorn. Home bakes with reduced sugar and fat content and a portion of wholemeal flour added. Certain cereal bars – look out for the sugar and additive content.

Other Options; plain biscuits (e.g. rich tea biscuits), pretzels, sunflower seeds, pumpkin seeds.



School Healthy Tuck Shop

The school operates a Healthy Tuck Shop during morning intervals where a variety of 'healthy options' are available for children to purchase should they wish. An example of our weekly menu is detailed below.

Monday – Cheese and Crackers 25p

Tuesday – Bagels 25p

Wednesday – Cereal 30p
(Rice Crispies or Cornflakes with semi-skimmed milk)

Thursday – Toast 15p per slice

Friday – Walkers Light Crisps 30p

Items on Sale Each Day:

- Small box of raisins 20p
- Bottle of Spring Water 15p
- Bottle of Sparkling Water 15p



The advice contained in this leaflet helps promote a healthy lifestyle. Your support in implementing this advice would be greatly appreciated.