Heathy Eating

Wrapper free snacks

Made by the Super SafeGuarders



What should you bring in?

Fruit is ideal. Try to have wrapper free snacks or bring snacks in container that won't harm the planet.

Here are some examples of healthy snacks:

What you could bring in:

Grapes Apricot

Apples Bread sticks

Oranges Raisins

Bananas Watermelon

Pears

Kiwi

Mango



Here are some examples of healthy snacks:

Healthy snacks that have packaging:

Healthy bars

Cereal/ breakfast bars

Yogurts





These do have packaging but are healthy so they must go in the bin when you have finished to keep our community and planet safe and tidy.

Why it is important

Healthy snacks can help with your mental heath.

Saves the planet from litter.

Less litter protects the animals

Help us to be a wrapper free school!

Only you can make the change.


NUT
ALLERGIES!

Information you need to know.



- Pupils must not bring in anything including nuts.
- Students should not share food in the dinner hall or outside at breaktime.
- Pupils must check ingredients before they bring it in . Anything including nuts is unacceptable here because we are a nut free school.

Wrapper Free Snacks



- Check the packaging as it will tell you if it contains any nuts.

Mile Track Eating rules

When eating on the track

Please do not run while eating , just walk slowly.

If you see rubbish on the floor please put it in a bin.

If you have any rubbish from your snack carry it with you around the track until you can put it in the bin. Please do not litter and if you see litter on the floor please pick it up.

