

## Tuck and Snacks for Playtime

- Tuck for Foundation Stage children is provided
- From Year 1 upwards, children are able to bring in a healthy snack for their tuck
- Tuck is a plain biscuit or fruit/vegetable based, for example, plain biscuits, rice cakes, oat cakes, plain popcorn, breadsticks, crackers, any fresh or dried fruit or vegetables or snacks which are fruit/veg based - e.g. Fruit Winders, Bear Yo-Yos/claws etc
- For Tuck at Playtime, please remember **no foods containing nuts or dairy (e.g. pieces of cheese, yoghurt frubes) can come into school** in order to protect allergy sufferers
- Key Stage 1 children may also choose a piece of fruit from the Government daily fruit and veg scheme

## Packed Lunches

If you are providing your child with a packed lunch, please be aware that we are a nut-free school; some children have very severe allergies to nuts and we are careful to eliminate risk.

Dairy products such as butter on bread and yoghurts are fine for packed lunch, as this is monitored in such a way to minimise cross contamination

Drinks can include: fruit juice, watered squash or water