



### **St. Peter's C.E. Primary School**

Birley Street,  
Newton-le-Willows  
WA12 9UR  
Tel: 01744 678630  
Email:stpeter@sthelens.org.uk

## **Break-time Snacks**

In St Helens, the condition of our children's teeth is much worse than in other parts of the UK and Ireland. One of the main causes is our frequent eating of sugary foods and drinks.

Each time we eat or drink sugar, it is converted into acid. Teeth can generally withstand 3-4 'acid attacks' per day before tooth enamel sustains any real long-term damage.

By limiting break time to sugar-free snacks and drinks, we can reduce the number of acid attacks on our children's teeth (this does not mean banning snacks and puddings with sugar in them at lunchtime). Sweets, chocolate and crisps are not permitted.

Sticking to healthy snacks and drinks can also help towards avoiding other health problems such as obesity, cancer and heart disease.

### **Snack ideas**

Make snacks attractive, colourful and varied from day to day to encourage your child to enjoy them

#### **Fresh fruit and/or vegetables:**

- "Fun-sized" portions of fresh fruit, e.g. banana, apple, pear
- Fruity colour kebab, e.g. strawberries, grapes, pineapple, kiwi
- Rainbow fruit pots with a variety of chopped fresh fruit and a little fruit juice
- Rainbow veggie pots with a variety of chopped vegetables, e.g. celery, carrots, cucumber, peppers, cherry tomatoes (with or without low fat salad dressing)
- Veggie colour kebab, e.g. cheese cubes, cucumber, peppers, cherry tomatoes
- Celery sticks with a little low fat cream cheese or low fat dip



## **No good for break time!**

The following list gives examples of items which are not permitted between meals at school. The child may be asked to keep them until lunchtime or they will be removed and returned at the end of the day.

This lets us give a **fair and consistent message** to all of the children.

- Any type of confectionery e.g. chocolate products, sweets and sugar free chewing gum
- Cereal bars
- Processed fruit bars
- Crisps and crisp-like products e.g. tortilla chips, potato sticks, puffs, crackers, corn chips, prawn crackers, potato wafers
- Japanese rice crackers
- Pretzels
- Bombay mix
- Nuts or any foods containing nuts WE ARE A NUT-FREE SCHOOL
- Cakes, e.g. slices of cake, individual cakes (sponge cakes, Swiss roll, fruit cakes, banana cake, apple cake, carrot cake, gateaux, sponge fingers, Madeira)
- Buns, e.g. American (sweet) muffins, Chelsea buns
- Pastries, e.g. Danish pastries, Eccles cakes, Greek pastries, Bakewell tarts, jam tarts, mince pies, custard tart)
- Biscuits (all types) including digestive, rich tea, ginger nuts, flapjacks, shortbread, wafer.

**Thank you for your support.**