



City Academy
Whitehawk

Snacks – an opportunity to have a healthy snack at morning playtime

We have provided a list of appropriate and non-appropriate healthy snacks – please see below. These can be provided for by home or bought from the tuck trolley.

If a child has a particular dietary requirement due to a medical condition, please let the school know.

Healthy snacks allowed

Fruit (please cut grapes in half)
Raw vegetables
Plain rice cakes
Plain popcorn
Cheese and plain crackers
Savoury oatcakes or breadsticks
Wholemeal pitta or wholemeal bread
Plain water

Snacks not allowed

Cereal bars or sweet popcorn
Chocolate
Sweets
Crisps
Cheese strings or 'dunkers'
Pepperami or similar
No drinks other than plain water

