



**Working together, achieving together.**

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# Healthy Playtime Snacks




**A reminder that we encourage healthy eating choices at Moulton Chapel Primary School.**

We are not very far into the school year but already some of the children are beginning to bring snacks that are not a healthy choice.

Please keep chocolate as an after school treat when you think it is appropriate and not allow your child to bring chocolate to school as a snack.

A reminder of snack choices below for your information.

Thank you

Very Good 	OK 	Not healthy 
Fruit Squeezy yoghurt/drink Rice cakes Crackers Cheese Vegetable Meat (not Peperami) Dried fruit Bread stick Salad	Cereal bar Fruit winder Baked crisps Flapjack Plain biscuit Fruit loaf (unbuttered) Dippers Slice of quiche Savoury egg	Bun/cake/doughnut Chocolate Crisps Chocolate biscuit Sausage roll Please don't send yoghurt that needs a spoon to eat. (Chocolate cake, if brought to school, will be eaten by a teacher!)