

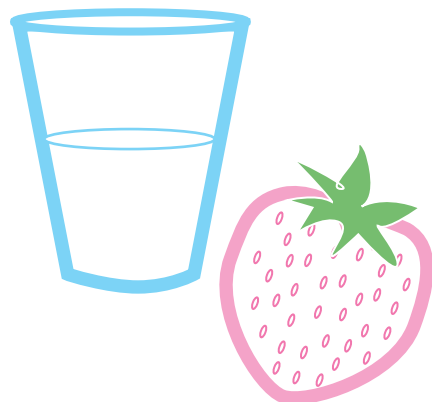


# Guidance for School Snacks

## Highland Health Promoting Schools Sgoiltean Fallain na Gàidhealtachd

The guidance outlined in this leaflet is primarily designed to offer extra clarity and practical suggestions for mid-morning break in primary and secondary schools in Highland, Argyll and Bute.

It has been produced to support the implementation of the Schools (Health Promotion & Nutrition) (Scotland) Act 2007. This Act should be implemented with immediate effect in Primary Schools and from 1st January 2009 in secondary schools.



## Extent of Guidance

This guidance is also relevant for other regular food provision at school outwith the school lunch. This includes, for example, pre-school settings, after school clubs (on school premises), community complexes to which pupils have access to during the day, and vending machines.

Setting	Suggested list of foods and drinks for a simple mid-morning break service or after school club	Additional foods and drinks to consider in consultation with pupils and catering staff
<b>Pre-school and Primary</b>	<ul style="list-style-type: none"> <li>Choice of fresh fruit (such as apples, bananas, grapes, satsumas)</li> <li>Toast with unsaturated spread</li> <li>Carrot / cucumber / tomato</li> <li>Water</li> <li>Semi-skimmed milk</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruit (eg: raisins / apricots)</li> <li>Cheese and crackers / oatcakes</li> <li>Fruit yoghurt / fromage frais</li> <li>Frozen yoghurt</li> <li>Unsalted nuts and seeds</li> <li>Home baking or lower fat biscuits</li> <li>Reduced fat crisps</li> <li>Smoothies, "juicy" or fizzy water</li> <li>Pure fruit juice (diluted at pre-school)</li> </ul>
<b>Secondary School</b>	<ul style="list-style-type: none"> <li>Choice of fresh fruit &amp; dried fruit</li> <li>Unsalted nuts and seeds</li> <li>Carrot / cucumber / tomato</li> <li>Toast with unsaturated spread</li> <li>Water</li> <li>Semi-skimmed milk</li> <li>Pure fruit juice and / or smoothies</li> </ul>	<ul style="list-style-type: none"> <li>Bacon rolls</li> <li>Sandwiches, wraps and rolls</li> <li>Bread based snacks such as pizza</li> <li>Breakfast cereal</li> <li>Tea and coffee</li> <li>Fruit yoghurt / fromage frais</li> <li>Frozen yoghurt</li> <li>"Juicy" or fizzy water</li> <li>Flavoured milk / yoghurt drink</li> <li>Cheese and crackers / oatcakes</li> <li>Reduced fat crisps</li> <li>Home baking or lower fat biscuits</li> </ul>

## Fresh fruit, vegetables and salad

Fresh fruit, vegetables and salad items can be made available at anytime and are to be encouraged. Most pupils would benefit from eating more fruit and vegetables.

## Foods and drinks that can no longer be sold

Several categories of high fat and high sugar food can no longer be sold. These include chocolate, sweets, most crisps, cereal bars, processed fruit bars, fizzy drinks containing added sugar or artificial sweeteners, "squash" and so called "fruit juice drinks" containing added sugar or artificial sweeteners.

## Foods and drinks that can be sold under certain conditions

Most of the foods and drinks in the opposite table require further explanation or qualification. For more information, see the following:

<p><b>Crisps, crackers and other savoury snacks</b></p>	<p>We do not wish to encourage crisp consumption. If schools do not currently sell them, there is no good reason to start. Only savoury snacks that meet the specification can be sold. The maximum bag size for savoury snacks is 25g. At the time of writing, the only readily available crisp product that complies with this specification is “Walkers Lites”™ Most crisps contain too much fat. Even most reduced fat crisps contain too much sugar, salt or are in too large a pack size. Even crisps that comply with the specification should not be provided through vending machines as they can be accessed at lunch time and, therefore, compete with healthier school meal options.</p> <p>Standard cream crackers are too high in saturated fat to meet the specification. Most water biscuits and reduced fat cream crackers meet the specification. Another alternative is to sell oatcakes. These can be high in saturated fat and salt and so they do not quite meet the specification for pre-packaged snacks, but they are a good source of fibre.</p>
<p><b>Dried fruit</b></p>	<p>Dried fruit can make a useful contribution to the “5 a day” target. It can be quite sticky and may damage teeth if is eaten too frequently. Therefore It would not be the first choice in primary school tuck shops. If a school does choose to provide it at pupils request, they should be encouraged to eat the whole portion at the time rather than eating one at a time over several hours (which does not allow time for the teeth to recover).</p>
<p><b>Nuts and seeds</b></p>	<p>Nuts and seeds are high in fat but most of this is not saturated and they also provide fibre, minerals and vitamins. Salted nuts are not permitted. Individual schools may have different policies on this depending on the incidence and severity of nut allergy amongst pupils.</p>
<p><b>Toast</b></p>	<p>Toast is cheap, hot and contrasts well with fruit. Many primary schools sell fruit and toast together for a fixed price. Providing toast is not compulsory. Some schools with no on site catering facilities might want to find a pre-packaged alternative. Toast can be white, granary, seeded or wholemeal, but the spread used must be labelled “low in saturates”. Butter can not be used as it is high in saturated fat. There is no need to provide jam except at a breakfast club if pupils request it.</p>
<p><b>Breakfast cereal</b></p>	<p>Breakfast cereals with semi-skimmed milk will, of course, be provided as part of a breakfast service. They can also be provided as a snack if pupils request it. Some mid-morning break services provide a second opportunity for those who did not have breakfast earlier. We recommend that cereals with large amounts of added sugar are avoided.</p>
<p><b>Yoghurt</b></p>	<p>Yoghurt and frozen yoghurt provide calcium for bone health. However, check the sugar content. Popular types will contain added fruit and sugar. Avoid confectionery based flavours (eg toffee and chocolate). Avoid yoghurts with 13% or more sugars (13g/100ml). Avoid yoghurt with artificial sweeteners as these are unnaturally sweet too. Yoghurts can be low fat or full fat.</p>
<p><b>Cheese</b></p>	<p>Cheese is high in saturated fat but is rich in calcium and is good for dental health. Serve small amounts of cheese (5g to 15g) with crispbread, oatcakes, reduced fat crackers or water biscuits and fruit. Processed cheese products can be provided if pupils strongly prefer them.</p>
<p><b>Bacon rolls</b></p>	<p>Bacon rolls with lean, grilled bacon may be provided in secondary school. Bacon is high in salt but lower in fat than processed meats like sausages. Some schools might choose to provide this at their mid-morning break service or at their breakfast club. The roll should not have spread on it and some non-white rolls should be available.</p>

<b>Home baking</b>	Home baked items such as flapjack, cakes, and biscuits can be made available as a snack if they meet the criteria set out in our local healthy home baking guidance. The school meals service will be following the principles. However, even “healthier” home baking is still generally high in fat and sugar so their provision should be reconsidered if they are sold at the expense of healthier options. In primary schools we recommend that home baking is not provided more than twice a week.
<b>Biscuits</b>	Biscuits are generally high in fat and sugar. Healthier versions can be made available if there is strong demand from pupils. Suitable biscuits should be less than 20% fat as this is consistent with our local healthy home baking guidance. One example is Nairn’s Oat Biscuits which are already sold in some tuck shops. These are quite low in saturated fat, high in oats and can be eaten plain (as they contain dried fruit or ginger). Another example is garibaldi biscuits which are fairly low in fat and contain dried fruit. These products may be a helpful alternative for schools that have been providing cereal bars (which can no longer be sold). As with home baking, the provision of biscuits should be reconsidered if they are sold at the expense of healthier options.
<b>Drinks</b>	<p>The most suitable drink is chilled drinking water. However, in order to discourage pupils from bringing in sugary drinks into school, a wider choice is usually appropriate. Semi-skimmed milk should be available. Some primary schools may choose to provide just milk and water. This is most consistent with good dental health. However, it is acceptable to provide pure fruit juice or fruit smoothies along side these. They count as 1 portion of fruit towards the “5-a-day” fruit and vegetable target that most pupils are not currently meeting.</p> <p>Frequent consumption of pure fruit juice can contribute to dental decay and erosion. Providing fruit juice with a straw will help reduce this to some degree. In an ideal world, water would be the drink of choice between means with pure fruit juice being drunk with a meal. However, pure fruit juice or a smoothie is far preferable to the kinds of drink that most pupils bring to school at any time of day. We recommend that all fruit drinks are consumed at the time and not sipped throughout the day. This will limit the damage to dental health. Pre-school children should only be given fruit juice if it is diluted to half strength with water.</p> <p>“Juicy water” can also be sold. This is new product type. It must contain at least 50% fruit juice and the only other ingredient allowed is water. Also, it should not provide more than 20g of sugar per serving. Avoid any products that contain added sugar or artificial sweeteners. Such products include so called “juice drink” and “flavoured water”. Plain fizzy water is also acceptable. In addition, tea and coffee are appropriate options in high schools. As with fruit juice, in order to limit damage to teeth, juicy water and fizzy water should be consumed at the time and not sipped throughout the day.</p> <p>Flavoured milk and yoghurt drinks can also be provided. These usually contain added sugar or syrup. They can only be provided if the “sugars” content is 10% or less (check the nutrition panel). Typically, drinking chocolate complies with this 10% figure provided it is made at half strength. Try to avoid products containing artificial sweeteners.</p>

We hope that you find the above guidance helpful. If you are considering any foods or drinks for which the above information provides insufficient guidance, then please to not hesitate to contact us.

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