



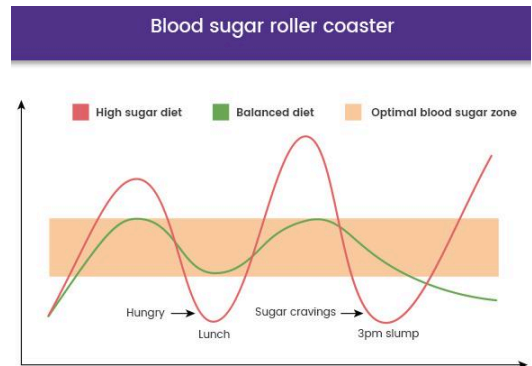
Summer Term Snack Policy for Extracurricular and Extended Day Provision

The new snack policy, designed by nutritionist Kate Cox <https://www.instagram.com/katecoxnutrition/> is initially going to be rolled out to children attending extracurricular 3:15-5:15pm and those attending our new extended day provision.

Within the extended day provision children staying between 4:15-5:15 will receive a light supper as part of their booking. Prior to this, children in the provision between 3:15-4:15pm have the option to bring a snack following our new policy. This is particularly relevant for children booked into the EDP for 1 hour.

The Nutritional Science behind our snacks policy

We want our children to be fuelled for longer
We want our children to have balanced blood sugar levels



Carbohydrate & protein suggestions for a reusable tupperware

- Banana sandwich & yogurt pouch
- Oatcakes and Babybel
- Vegetable sticks and hummus
- Chicken wrap
- Cocktail sausages, chopped cucumber and carrot
- Egg mayonnaise wholemeal roll



Find out more...snack suggestions and the science behind them

In a rush... pick up from a shop (we want to remain as plastic free as we can so these shouldn't be regular options)

- Carrot & hummus snack pot
- Apple & yogurt pouch
- Philadelphia mini pot, 1 pack of mini breadsticks

