

TWO MINUTE TOOLBOX



EYFS Snack Time Suggestions

**Prepared by Tessa Langton EYFS Coordinator
(Updated September 2025)**

Here are some suggested snacks to send in with your child. This list is by no means exhaustive but may be helpful in encouraging good, healthy, eating habits, and keeping snack times interesting and varied.

We are a nut-free and sesame-free school and as such operate a nut-free policy but equally seeds and popcorn are not recommended as snacks for children under 5; round foods such as grapes, strawberries and tomatoes should be cut lengthways. It is also recommended that cheese be cut into strips as opposed to chunks.

Children only require a small snack in the morning and a small snack in the afternoon.

- Fruit
- Vegetable sticks
- Plain Biscuits
- Crackers
- Cheese
- Cheese strings
- Olives (pitted)
- Breadsticks
- Dried fruit
- A small sandwich (half a round)
- Mini hot cross bun
- Puree fruit pouches
- Rice Cakes
- Malt loaf
- A small wrap

Talk with your child about why it's a good idea NOT to bring in chocolate, sweets, crisps, or sugary drinks and why nuts are an absolute no-no!

The children bring in their own water bottles and are encouraged to drink water throughout the day. Why not discuss with your child why, in fact, water is better for them than fizzy/sugary drinks? Should you wish to send items in to celebrate birthdays/religious festivals these must be non-edible treats only.

We will be discussing Oral Hygiene with the children throughout the course of the year.