

## Breaktime Snacks at MHA



No nuts or nut-based snacks



Only water as a drink in class

### What are suitable breaktime snacks?

The best snacks for break time are finger foods that can be eaten outside.

Below are some examples of snacks that can be eaten at break time...

✓ Breadsticks, crackers, plain rice cakes, pitta bread, malt loaf, unsalted / unsweetened popcorn, granola

✓ Any choice of fruit

✓ Veg sticks – carrot, cucumber, peppers...

### What are not suitable breaktime snacks?

✗ Crisps, nuts, sweets, chocolate, biscuits, cakes, processed fruit such as fruit winders, yoyo bears