

Playtime snacks

Please support our drive to encourage low sugar options for satisfying playtime snacks, which will keep away hunger pangs until lunch time. Below are some ideas containing fruit, veg, carbs and protein-all of which will help to keep blood sugar levels stable and avoid the highs and lows of higher-sugar snacks.

We continue to provide fruit and veg options for reception and KS1 children so this project is mainly for KS2 children, but if your reception/KS1 child would prefer to bring their own snacks then keep reading!

Please do not send in any processed/packaged high sugar/high fat goods and **no peanut or nut foods** due to allergies. Please do not send in crisps, biscuits, chocolate bars, sweets or sugared cereal bars. All snacks should be in a labelled tupperware box (or similar) **without packaging** to maintain our litter free playground.

Thank you for supporting this drive as part of our Healthy Schools status. We are re-launching the Daily Mile alongside this playtime snack project.

Ideas for low sugar playtime snacks:

Cheese (such as Baby-bel or cheddar chunks); sliced meat or hummus with pita bread or tortilla

Crackers, bread sticks, rice cakes, scotch pancake etc

Hard boiled egg

Banana, apple, satsuma/orange; any fruit (please cut up grapes)

Raisins

Carrot sticks and hummus; any raw vegetables

Tomatoes

Home-made items such as low sugar flapjacks or oatmeal bars with dried fruit are encouraged (no nuts)-great for children to make! Try the recipe overleaf!

Get involved:

Please send in your favourite snack ideas or recipes and we will share them on our newsletter.

Thank you for your support!

Flapjacks for kids

These healthy flapjacks are free from refined sugar and are perfect for kids. They make great picnic or lunchbox fillers, or a healthy dessert for small people.

Ingredients

- 200 g oats
- 150 g dates, raisins or other chopped dried fruit* eg apricots
- 40 g desiccated coconut or seeds eg sunflower, pumpkin seeds
- zest of a lemon
- juice of half a lemon
- 1 apple grated (peeling is optional)
- 1 tbsp maple syrup or honey (no honey for under one year olds)
- 100 g butter, dairy free spread, sunflower oil or coconut oil (or you can use a mix of the two eg 60g butter and 40g sunflower oil)

Instructions

1. Preheat the oven to 180°C(fan)/200°C/gas mark 6. Grease a 20cm square cake tin and line with baking paper.
2. Place 200g oats, 150g chopped dried fruit, 40g desiccated coconut, juice of half a lemon, zest of a whole lemon and one grated apple into a food processor or high powered blender. Pulse until broken down and well combined. Set aside.
3. Place 1 tbsp of honey or maple syrup with 100g of butter or oil into a medium saucepan and heat gently until melted.
4. Scrape the oat and raisin mixture into the saucepan and stir well. Make sure that all the dry mixture is completely coated in the oil or butter mixture.
5. Pour into the prepared tin and use a rubber spatula to press into the tin. Make sure that you press down really well as this will help the flapjacks hold together. To be really sure they're pressed down well you could lay a sheet of baking paper over the top and use the side of a glass or small rolling pin to press down the mixture.
6. Place in the pre-heated oven and bake for 20 minutes until starting to turn brown.
7. Remove from the oven and cut into slices in the tin using a sharp knife. Leave to cool completely in the tin then cut again before removing from the tin.

Recipe Notes

*If your fruit is very dry soak in boiling water for 10 minutes before draining and proceeding with the rest of the recipe.