SEND school food standards snack guide



It's important the snacks provided at school are compliant with the school food standards (SFS). Of course, for children with dietary medical requirements, allergies or sensory needs, they may require alternative snacks. This guide is to help show you snack options that are within the SFS.
Try and opt for lower sugar, high fibre snacks to help prevent energy crashes in children and young people.

Protein

- dairy yogurt with less than 10g/100g total sugar (no sweeteners)
- fortified plant-based yoghurts with less than 7g/100g (no sweeteners)
- hummus

Starchy foods

- savory crackers
- breadsticks

Vegetables

- carrots
- tomatoes
- cucumber
- peppers
- avocado
- celery
- sugar snap peas
- vegetable purées

Fruit

- bananas
- melon
- apples
- satsumas
- strawberries
- pineapple
- mango
- plums
- raspberries
- smoothie packs

Snacks to avoid

- salty snacks e.g. crisps, salted nuts, fruit or veg with added sugar or salt
- confectionery , sweets, chocolate or products containing chocolate
- any drink that is not water or milk

SCHOOL FOOD MATTERS

Top tips

Dipping foods

Dipping foods are fun! Provide a low-fat dip such as hummus or tzatziki so they can dunk their carrots or peppers.

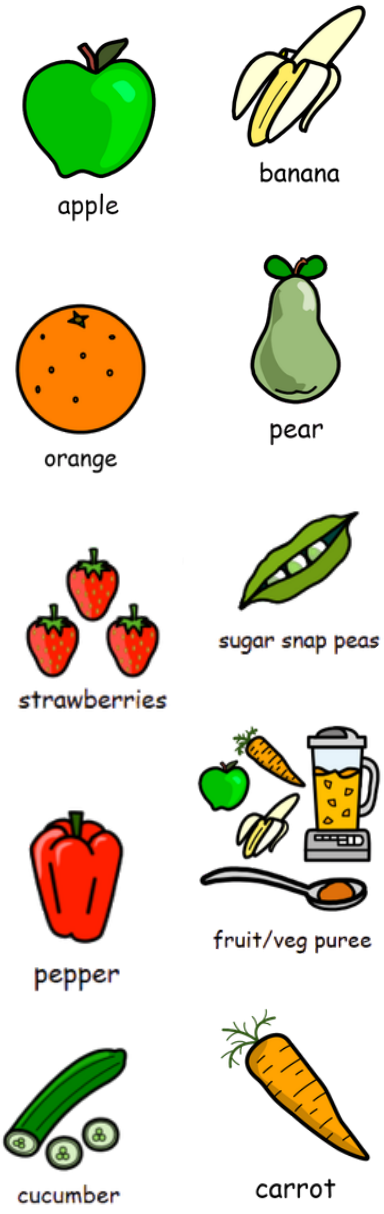
Eating the rainbow

Taste the rainbow! Try a variety of different fruits and vegetables for a visually fun snack time.

Textures

- Crunchy and chewy: apples, carrots, celery, sugar snap peas, peppers, oat cakes, rice cakes, toast, dried fruit
- Smooth and soft: berries, yogurt, hummus, fruit or veg purees
- Protein snacks: hummus

Fruits and vegetables



Snack ideas

