

# Snacks and packed lunches

Good eating habits are a prerequisite for developing and feeling good, and are needed in order to grow, to have the energy to go to school, to play and to be physically active. Together with guardians, schools have a responsibility to pass on good eating habits to children and young people. Good, healthy food at a young age lays the foundations for good habits later in life.

## Snacks on a normal school day

For the vast majority, the best option in the morning is a piece of fruit; feel free to vary the fruit with vegetable sticks.

During longer school days, it can also be good to take along an extra piece fruit or vegetable.

## Packed lunches for an excursion or outdoor day

When it's time for an excursion or outdoor day, children and students are often more physically active compared to a regular school day, so the snack needs to be a little more filling and also include a drink. Here are some tips on what your child's packed lunch might contain. By serving any option from this list, we also create a sense of community among children and students, and avoid any possible jealousy.

## Tips on snacks during the school day and for the excursion

A good snack provides energy and contains a lot of nutrition. To create a good snack, it's a good idea to start with the "three building blocks of the snack":

- Whole grains – Bread, cereals, muesli, porridge and semolina
- Dairy or eggs – Milk, soured milk, yogurt, cottage cheese and quark, or a plant-based, enriched alternative to these
- Greens – Fruits, vegetables and berries

- Wholegrain sandwiches/flatbread with toppings and vegetables
- Vegetable sticks with dip
- Fruit, whole or in pieces
- A small portion of pasta salad
- Smoothie - a small thermos will help keep the drink cold
- Cold pancake with cottage cheese and chopped fruit
- Cold porridge mixed with yogurt and chopped fruit
- Boiled or fried egg
- Unsweetened yogurt with keyhole-labelled cereals or muesli
- Water is the best drink; feel free to flavour with citrus fruit.



## Important points to bear in mind

Snacks and packed lunches sent to school must never contain any form of nuts, peanuts, almonds or sesame seed, as these foods can cause severe allergic reactions in those with allergies. Also bear in mind that other allergies may be present in the children's group or class that your child attends.

A good snack provides good nutrition and fills you up. It should not contain sweet or fatty foods.

The packed lunch should therefore not contain the following:

Cakes, buns or other pastries, sweets, snacks, chocolate, fruit juice or soft drinks, rice cakes or corn cakes.