



FOCUSING ON SMART SNACKS Guidelines for Parents

As an educational institution we strive to model and support our highest values. We believe that healthy snacking improves overall well-being, fights weight gain, regulates mood, boosts brain power and gives children energy they need to keep going all day. Teaching young students about healthy living and protecting the environment is an important part of our curriculum. But developing healthy habits is the responsibility of all. We realize that it is impossible to avoid all fats, salt and sugars. Nevertheless, as your children bring snack from home, we kindly ask you to consider your choices. Offering a variety of items seems to work best. Fruit wedges, sandwiches, veggie slices or oatmeal make an excellent snack. Never send fast food, carbonated beverages or candy in your child's snack box! When planning snacks for your children, please follow these guidelines:

Treats allowed every day:

- assorted fresh fruit
- sandwiches
- nuts (no salt or sugar added)
- raisins and cranberries
- fresh veggies
- dried fruit
- fruit puree
- low-sugar granola
- yoghurt
- cheese e.g. cheese sticks
- corn sticks
- energy balls
- plain pancakes
- plain cereals (not flavoured)
- oatmeal

Additional treats allowed on **Fridays** only:

- fruit bars
- cereal bars
- dark chocolate
- dairy desserts, e.g. *Monte* or *Fantasia*
- crackers
- homemade cookies/muffins



International School of Poznan

International Baccalaureate World School no. 002709



Not allowed:

sugary drinks, crisps (chips), chocolate bars, candies, chewing gum, donuts and sweet rolls, jelly beans, lollipops

In case a certain food item is not included in the lists - please consult it with the homeroom teacher.

Due to Covid-19, the school does not allow to organize birthday parties.

Failure to follow the instructions is always noticed by other students. In the event of breaking the rules, teachers may ask your child not to eat certain foods in the classroom and reinforce healthy habits in the group. Please remember, you share the responsibility for the well-being of other children too!