Healthy snacks
in primary schools



There is a legal duty for local authorities and schools to **promote healthy eating in schools** The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Food brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify **only fruit and vegetables for snack during break times**

Schools should create an environment and culture where it is **normal and easy for children to eat healthily** School staff, along with parents/carers, are vitally important in the development of healthy eating habits for life, through **consistent messages and role modelling**

Fruit and vegetables should be the only snack at break times in primary schools because:

- they are a good source of **fibre, vitamins and minerals**
- they are naturally low in calories, helping to **maintain a healthy weight**
- eating a variety of fruit and vegetables can help to **prevent a range of health issues** such as bowel problems, cardiovascular disease and some cancers; and,
- consumption of fruit and vegetables is below recommended levels, of at least **5 portions per day**.

Some primary schools also specify that fruit and vegetables at break time must be fresh.





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