



### Suggested Hedgehogs Snack List

Your child will be given the opportunity to have a small snack in the afternoon before home time. If you wish for your child to have a snack in the afternoon, please can you provide one from home. Please read the following information for suggestions and guidelines;

Choose *1 small snack to send with your child daily*. An appropriate serving size is 1 cup. Please ensure that all snacks are labelled with your child's name and placed in the snack box at the start of the day. Some suggestions include:

1. **Fruits:** orange, apple, pear, dried fruit (raisins/ apricots)
2. **Granola Bars:** cereal bars (no nuts)
3. **Vegetables:** carrots, celery, cucumbers, green peppers
4. **Cheese:** string cheese, Babybel cheese
5. **Dry Cereal** (no sugar added): Cheerio's etc
6. **Other snacks:** popcorn, pretzels, crackers

### **Please do not send:**

- crisps
- cookies
- sticky foods
- Sweets or chocolate
- **NUTS**