

WHAT IS 'CLEAN FOOD'?

Students are encouraged to enjoy a healthy fruit/vegetable snack whilst working at their desks. 'Clean food' is a fruit/vegetable snack that can be eaten without creating messy tables, sticky fingers or smudged work. It preferably comes to school in a small reusable container and does not require the students to leave their desks to peel fruit into the bin or leave the classroom to wash hands afterwards. The idea is for the student to be able to eat this snack whilst still working, therefore, it really is brain food. We would like to give you some examples of good and bad 'clean food' to assist you with providing this snack for your child.

'Good' clean food:

- small apples or large apples cut into bite size pieces
- grapes
- cheese cubes and kabana
- carrot sticks
- celery sticks (topped with cream cheese or peanut butter is great but please do this at home – too time-consuming for students to be doing in classroom)
- dried fruit, nuts and seeds

'Bad' clean food:

- oranges and any other citrus fruits (even when already peeled or cut in quarters they drip and create sticky fingers and if not cut they require the student to stop work to peel them)
- pears (create sticky fingers)
- strawberries/raspberries (juicy and sticky)
- watermelon and any other melons (too juicy, messy and sticky)
- muesli bars, biscuits, fruit bars, etc. are 'clean' to eat but the students are taught that these foods are suitable for recess and not during 'healthy snack time'

Don't hesitate to have a chat to a member of staff if you are in doubt or have any queries!