

# 19/20 Healthy Snacks you are allowed to eat at Jesse Gray



fresh fruit	
Plain dried fruit	
vegetable sticks	
Plain or savoury [low salt] popcorn	
malt loaf	
plain rice cakes or oat cakes	
2 plain digestive biscuits	
plain breadsticks	
milk (via coolmilk)	

[Please note this list will not be extended further, and it has been formulated in partnership with dietitians, thank you]