








# 20/21 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]