

22/23 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]