# PERMITTED SNACKS

## Allowed



- Water
- Milk
- Fruit (Cut following guidance)
- Vegetables (Cut following guidance)
- Cream crackers
- Breadsticks
- Melba toast
- Rice cakes
- Oatcakes
- Cheddar cheese (Cut following guidance)
- Spreadable cheese
- Spreadable butter
- Hummus
- Plain wholemeal bakery products (bread, bagels, pittas, rolls)

## Not Allowed



- Milkshakes
- Juice
- Fizzy drinks
- Popcorn (choking hazard)
- Marshmallows (choking hazard)
- Biscuits
- Cakes
- Sweets
- Chocolate
- Yogurts
- Dried fruit
- Cheddars/cheese thins
- Ritz/salted crackers
- Honey
- Jam
- Marmite
- Twiglets



**No Nuts or foods that may contain nuts**