

Smart Swaps

# Fruit stall

- Starting again this week
- Year 3 to 6
- Front playground
- 30p a piece



# How it works

- When you make a swap from a unhealthy to a healthy choice at school or home, you can earn smart swap counters.
- Collect your counters in your class tub.
- The class with the most counters each week will get a class certificate



# Ideas for smart swaps

- Fizzy drink
- Crisps



- Ipad time
- Chocolate

- Water or milk
- Hummus and veg, oatcakes, cereal bar
- Get outside!
- Yoghurt or fruit

# School Food Ambassadors

- Look out for us in the dining hall.
- We will be looking out for healthy packed lunches.
- We will be taking pictures or giving stickers out when we spot healthy packed lunches.