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| **Eàrr-ràdh 20** | **Appendix 20** |
| **Greimean Bìdh Fallain** | **Healthy Snacks** |
| Bu chòir don a h-uile buidheann, a tha toirt seachad greimean bìdh, biadh is deochan fallain a bhrosnachadh. Ann am buidhnean far a bheil pàrantan a’ toirt nan greimean bìdh seachad, bu chòir don bhuidhinn dèanamh cinnteach gun cùm iad ri poileasaidh airson biadh fallain.  | All groups who provide snacks should encourage healthy eating/drinking. Groups where parents provide snacks should ensure that they adhere to the healthy eating policy. |
| Bu chòir buidhnean a bhith mothachail air *allergy* sam bith a th’ aig duine sa bhuidhinn agus ma dh’fheumas sibh bu chòir dhuibh an seòrsa bìdh sin a thoirmeasg aig a’ bhuidhinn.Chithear gu h-ìosal eisimpleirean de ghreimean bìdh fallain anns nach eil uiread siùcair no geir: | Groups should be aware of any allergies within the group attendees and if deemed necessary such foods should be banned within the group.Below are some examples of healthy snacks which tend to be low in sugar and fat: |

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| **Measan**Fresh Fruit | **Glasraich**Vegetables | **Aran**Bread | **Biadh Grànach**Cereals | **Cracairean**Crackers | **Deochan**Drinks | **Eile**Other |
| UbhalApplePeurPearOrainsearOrangeTangerineTangerineBananaBananaFìon-dhearcanGrapesMeas KiwiKiwi FruitSùbhan-làirStrawberryAnnanPineappleTomàtoTomatoMeasan ùra sam bith eile any  | CurranCarrotSoilire CeleryCularan CucumberPiobairean Peppersagus glasraich fhreagarrach eileand any other suitable vegetables | Min shlàn, aran geal no grànachWholemeal, white or granary breadFoileagan PancakesCrumpets msaaCrumpets etc | WeetabixCornflakesBran FlakesRice Crispies | Cracairean Cream crackersCèicean-rus Rice cakesRyvitasBioran-arainPopcorn gun salainn | BainneMilkUisgeWater | CàiseCheeseIogartYoghurt  |