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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 |
| Ubhal  Apple  Peur  Pear  Orainsear  Orange  Tangerine  Tangerine  Banana  Banana  Fìon-dhearcan  Grapes  Meas Kiwi  Kiwi Fruit  Sùbhan-làir  Strawberry  Annan  Pineapple  Tomàto  Tomato  Measan ùra sam bith eile any | Curran  Carrot  Soilire Celery  Cularan Cucumber  Piobairean Peppers  agus glasraich fhreagarrach eile  and any other suitable vegetables | Min shlàn, aran geal no grànach  Wholemeal, white or granary bread  Foileagan Pancakes  Crumpets msaa  Crumpets etc | Weetabix  Cornflakes  Bran Flakes  Rice Crispies | Cracairean Cream crackers  Cèicean-rus Rice cakes  Ryvitas  Bioran-arain  Popcorn gun salainn | Bainne  Milk  Uisge  Water | Càise  Cheese  Iogart  Yoghurt |