



SEKKHA MONTESSORI

INSPIRING A LIFE TIME OF LEARNING



Sekkha Montessori 2025 Snack Guidelines

1. Health and Nutrition

- **Focus on Whole Foods:** Prioritize fresh fruits, vegetables, whole grains, and minimally processed snacks.
- A sandwich, fruit and yoghurt are usually ample.
- **Avoid Sugary and Processed Foods:** Steer clear of snacks high in sugar, artificial additives, or unhealthy fats.
- **No** sweets, Chocolates, sweet biscuits, fizzy drinks or fast food are permitted.
- Please keep sugar and sugar drinks to a minimum as this inhibits concentration in class
- We encourage our children to drink lots of water, please pack a bottle of water for them.

2. Independence and Choice

- **Child-Sized Portions:** Provide snack items that children can easily handle and serve themselves.

Sample Snack Ideas

- Sliced fruits or vegetables (e.g., apples, carrots, cucumbers)
- Small cheese cubes or slices
- Whole-grain crackers or bread
- Yoghurt (in reusable containers)
- Hummus with veggie sticks
- Boiled eggs
- Trail mix (nut-free if required)
- Mini sandwiches or wraps
- Biltong
- Dried fruit
- Marie biscuits
- Mini cheddars
- Milo drink
- Fruit drinks
- Muffins
- Popcorn
- Yoghurt