

Why healthier snacking matters

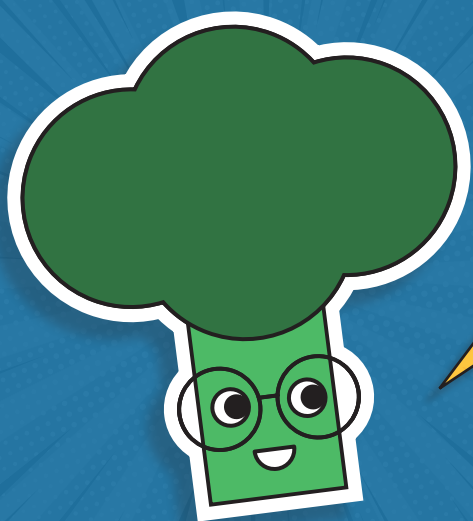
**Snack
tember**

A GUIDE FOR PARENTS AND CARERS OF SCHOOL-AGED CHILDREN

Snacking is a big part of children's daily routine, but many popular snack choices are high in saturated fat, salt and sugars, and low in important nutrients like fibre and vitamins and minerals.

Over time, eating too many of these types of snacks can lead to health issues like too much weight gain and dental problems.

Snacking isn't necessarily bad, it's just about choosing the right snacks.



HEALTHY SNACKS CAN:

- **Provide important nutrients** to support children's growth and development.
- **Be an opportunity** to have a drink to stay hydrated (water or milk are best).
- **Help children feel less hungry** so they don't overeat at mealtimes.

Better snacking. One bite at a time.

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TRY

these healthy snack ideas!

Snack tember

ON-THE-GO:

- Fresh fruit (e.g. apple, banana).
- A slice of malt loaf.
- Two or three wholemeal crackers with a 30g portion of reduced-fat cheese.

AT HOME:

- Vegetable sticks (e.g. pepper, carrot) with hummus or a reduced-fat dip.
- Half a wholemeal bagel with reduced-fat soft cheese, cucumber and tomato.
- A rice cake with peanut butter and banana.



ENCOURAGE OLDER CHILDREN

to prepare their own simple snacks:

- Wholegrain breakfast cereal with milk.
- Wholemeal toast or crumpets with reduced-fat spread.
- Pizza toast (cheese and vegetables, such as tomato, pepper and sweetcorn, on toast).

CELEBRATE SNACK-TEMBER

by trying out these tasty snack recipes!

- Paprika tortilla chips and spring onion dip
- Beany dip and crunchy veg
- Homemade popcorn
- Fruit and oat bites
- Pizza muffins



Take a look at these recipes!
www.nutrition.org.uk/snack-tember-2025



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