

TOP TIPS

for smarter snacking

Fruit and veg make the best snacks and count towards your 5 A Day. Not only are they tasty, but they are a great source of vitamins, minerals and fibre too. Here are some top tips for snack time:

1 Pack a snack

Keys? Check. Phone? Check. Fruit? Check. Save money and time when you're out and about by taking bananas, apples or chopped up vegetables with you.



2 Get the kids involved

Try making snack time exciting and more hands-on. Get your child involved by asking them to choose from a range of healthier snacks or get them to chop up the fruit and vegetables they're going to eat.

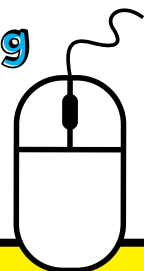


3 Make it fun

Present children with a range of brightly coloured fruit and vegetables, cut into shapes or draw funny faces on a banana or satsuma.



For more great snacking tips, search **Change4Life**.



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