

Add me or take me away -lunchbox snacks

Add me -always add fruit and veg



Always add veg -cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY.

Add bite-size fruit -try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier to eat. (Add a squeeze of lemon juice to stop it from going brown)

Take me away



Swap the sweets-swap cakes, chocolate, cereal bars and biscuits. Half the sugar kids are having comes from snacks and sugary drinks. Too much sugar can lead to painful tooth decay and other serious health problems. You can cut down on the amount of sugar your kids are having by making simple swaps like fruit and chopped veggies, plain rice cakes, fruited teacakes, malt loaf.

Cut down on crisps -if your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.

