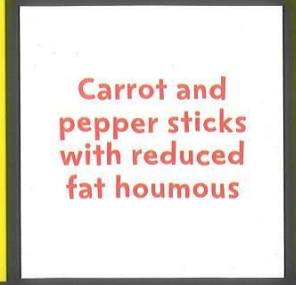
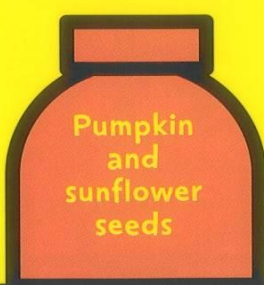
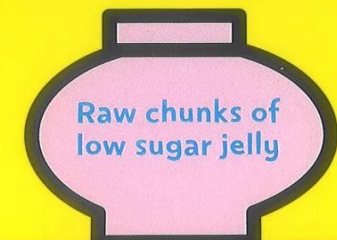
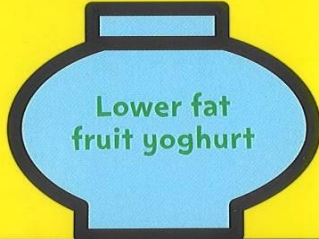
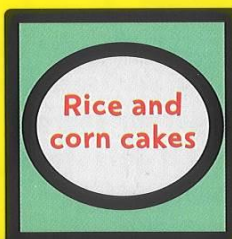
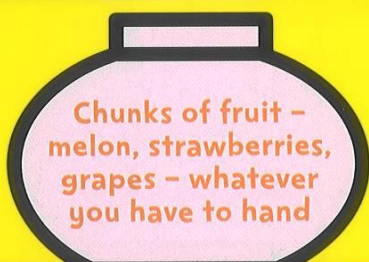
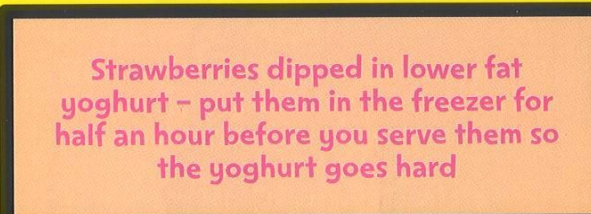
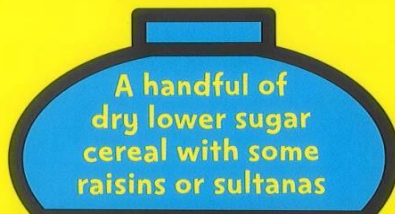
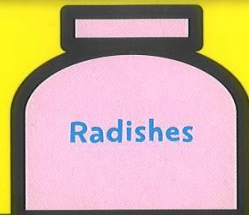




snack shop!



There are loads of scrummy alternatives to the unhealthy kinds of snacks that are high in sugar, salt and fat. Try these on your kids instead and see if you can get them to give the choccie the chop! When it comes to dried fruit – don't forget, a handful is about the right amount. And always check snack labels!



top that for a snack!

Choose one of these toppings on a slice of toasted wholemeal bread to make a tasty snack in a tick!

- Grated carrot, tinned sweetcorn and lower fat mayonnaise.
- Sliced banana.
- Sliced fresh tomatoes with some halved black olives.
- Grilled mushrooms brushed with a little olive oil.
- Reduced fat grated cheddar and a finely chopped onion.
- Sliced hard-boiled egg and lower fat mayonnaise.
- Lower fat coleslaw.
- Oven-baked cherry tomatoes (they take about 10 minutes in a hot oven with a teaspoon of olive oil).
- Sliced avocado and lower fat cottage cheese.
- Scrambled eggs and sliced cherry tomatoes.
- Tinned butterbeans, drained and roughly mashed with some chopped spring onions.
- Heated up chopped tinned tomatoes and grilled mushrooms.
- Sliced cucumber and ham.
- Tuna mixed with lower fat mayonnaise.

