

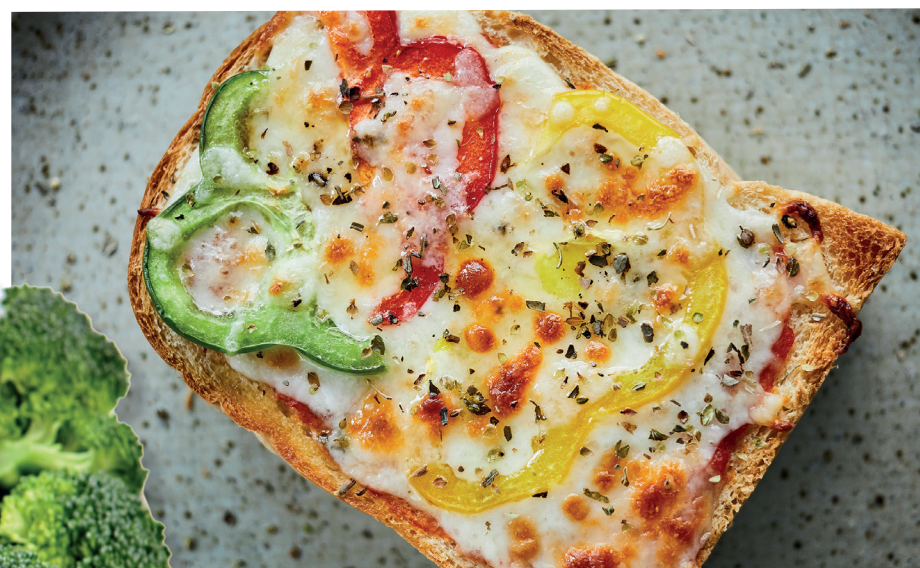
**Snack
tember**

Snack better this September!

EXPLORE BETTER SNACKING...

TRY NEW SNACKS...

MAKE YOUR OWN SNACKS!



Inspiring healthier, more sustainable snacking
for children and young people. Find out more:
www.nutrition.org.uk/snack-tember-2026

Better snacking. One bite at a time.

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**Snack
tember**

What we are doing this September...



INSPIRING HEALTHIER, MORE SUSTAINABLE SNACKING.

- **MORE** vegetables and fruit.
- **MORE** wholegrains, beans and pulses.
- **LESS** saturated fat, salt and sugars.



Explore, Try and Make better snacks.
www.nutrition.org.uk/snack-tember-2026

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What makes a better snack?

Snack tember

MORE!

vegetables and fruit for **vitamins and minerals**

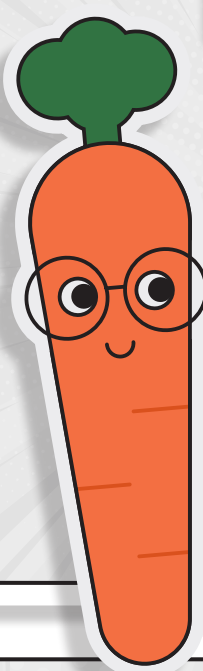
MORE!

wholegrains, beans and pulses for **fibre**

LESS!

saturated fat, salt and sugars for **better health**

THAT'S A LOT!
HOW DO I DO IT ALL?



ONE BITE AT A TIME!
LOOK, I'LL SHOW YOU...



EXPLORE

... more vegetable snack options!

Try some raw vegetables such as cauliflower, peppers or sugar snap peas.

TRY

... a wholegrain version of one of your snacks!

Have wholemeal bread for toast or a sandwich.

MAKE

... your own better version of a snack.

Have a go at making Pizza muffins or Homemade popcorn.



Take a look at these recipes!

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