

Tips for healthy mid-morning and afternoon snacks

Healthy mid-morning and afternoon snacks

- ✓ always includes water or unsweetened herbal or fruit tea
- ✓ consists of a fruit and/or vegetable
- ✓ is varied and sugar free
- ✓ cereal and/or milk products as well as nuts can be added depending on the level of activity and appetite

A balanced snack

- ✓ ideally supplements main meals at school and at home
- ✓ stops that feeling of hunger in between meals
- ✓ tops up energy levels particularly after active breaks and leisure time
- ✓ helps concentration at school
- ✓ ideally includes local and seasonal products
- ✓ if possible it is packed in a practical snackbox which keeps the food fresh and saves on packaging

Variety and mix are satisfying

- ✓ The food shown overleaf can be creatively combined, here are some examples:



Not regularly – but from time to time


- ✓ tropical fruit such as banana, mango, pineapple or papaya (when buying tropical fruit, give preference to organic and fairtrade products)
- ✓ Dried fruits
- ✓ Meat and meat products (e.g. sausage, ham, dried meat etc.) – preferably low fat
- ✓ Fruit juice diluted with water

The following items are not recommended

- chocolate, milk and cereal bars
- croissants
- sugared breakfast cereals
- biscuits
- sweetened drinks such as ice tea, cordial, cola, energy drinks etc., artificially sweetened drinks (light/zero)
- sweetened and flavoured milk shakes
- fatty or highly salted products such as pretzel sticks, crisps or salted nuts

Ideas for a well-balanced snack

 acqua	 tè	 mele	 pere	 uva	 ciliegie
DRINK		FRUIT			
 prugne	 nettarine/ pesche	 mandarini	 arance	 kiwi	 albicocche
 fichi	 bacche	 meloni	 pomodori	 carote	 cetrioli
			VEGETABLES		
 peperoni	 ravanelli	 finocchio	 cavolo rapa	 sedano	 pane integrale
 pane semibianco	 fiocchi d'avena non zuccherati	 pane croccante	 cialde di riso soffiato	 formaggio	 formaggio fresco
CEREAL PRODUCTS			MILK PRODUCTS		
 ricotta al naturale	 yogurt al naturale	 latte	 noci	 nocciole	 mandorle
			NUTS		

 choking hazard for young children