


Hey grown-ups...

Did you know that half of the sugar kids eat comes from snacks and sugary drinks?



Healthy snacking is as easy as 1-2-3

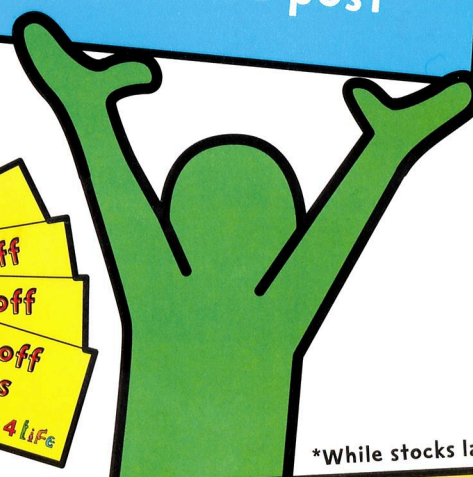
1. When you're choosing packaged snacks for your children, use this helpful tip: remember **two a day max!**
2. Pack a snack – take a healthier snack along with you for kids to eat at school pick-up time.
3. Remember, fruit and vegetables are always the best snacks! But keep fruit and vegetable juice, smoothies and dried fruit to meal times only.



For more tasty ideas and tips on healthier snacking sign up to **Change4Life** online today.

Sign up today for your free snack vouchers and stickers*!

You can help protect your kids from serious health problems by making some simple changes. Sign up to **Change4Life** online and join over a million families who are already using our helpful tips and swap ideas, tasty recipes, money-saving vouchers and more!



Search **Change4Life** and sign up online to get your vouchers through the post



*While stocks last

Are you ready for your fun Family Snack Challenge?



Look inside for your 7 day challenge!

change 4 life

Stick me on the fridge!

[Write your family's name here]

Family Snack Challenge

How to play:
Take our 7 day family snack challenge. Don't forget to tick the box each day when you complete the challenge!

Download our **FREE** Change4Life Food Scanner app to see what's really inside your food and drink. Discover which ones are the healthiest!


Search 'Food Scanner'



Download on the App Store | ANDROID APP ON Google play

"What do two bananas do when they meet each other?"

A banana shake!



Start here:

Day 1 : Fruity snack

Try a new fruit for your snack today - how about a peach, pineapple chunks or a mandarin?

 We did this



Day 2 : Adventurous veggies

Have a veggie snack such as carrot, pepper or cucumber sticks with a lower-fat dip.

 We did this



Day 3 : Packaged snacks?

Try sticking to 2 a day max!

 We did this



Day 5 A Day 6 : champions

Fruit and vegetables are a perfect snack - and count towards your 5 A Day. Try having all of yours today!

 We did this



Day Drink 5 : smarter!

Ditch the sugary drinks for water, lower-fat milks, sugar-free or no-added sugar drinks. Try iced water with your favourite fruit.

 We did this



Day Say no 4 : to 'reds'

Use the **FREE** Change4Life Food Scanner app to choose snacks with no 'reds'.


 We did this





Day Create 7 : your own

It's your turn to think of a healthy snack challenge! How about swapping your usual snack for a less sugary one? For more ideas, search **Change4Life**.

Write here:

 We did this



"Why aren't grapes ever lonely?"

Because they come in bunches!

Completed all of our challenges? **Congratulations!** Grown-ups, turn over to claim your free vouchers for some healthier, tasty snacks. And kids, get ready for some stickers!