

Dear parents,

This January, Change4Life has launched a new campaign all about snacking!

Did you know half the sugar kids eat comes from unhealthy snacks and sugary drinks? Too much sugar can lead to harmful fat building up inside and serious health problems, and also painful tooth decay.

To help you reduce the amount of sugar your children are consuming, remember fruit and veg are always the best snack, and count towards your child's 5 A Day. But if you are giving your children packaged snacks, stick to two a day max!



We will be looking changing tuck shop; we will be swapping biscuits for healthier snacks and we might take toast off the menu. We will also be designing posters to show awareness of Healthy eating which we will put up around the school.

Look out for the Family Snack Challenge that will be sent home in your child's book bag in January. Can your family complete the 7-day healthier snack challenge?

Sign up on the Change4Life website to receive money-off vouchers for healthier snacks and lots of helpful tips and ideas.

Thank you for reading this letter. We hope you can participate in our healthy eating scheme to make our school a healthier place.

We are open to any ideas on healthy eating so don't hesitate to tell us an ideas .

All ideas must be told to student council.

Thank you.

Yours sincerely,

Weston Rhyn Student Council.

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!

Ask your parents to download the free Food Scanner app to see what's really inside your food and drink. Discover which ones are the healthiest! Search 'Food Scanner'



"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 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 5: Drink 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 4: Say no to 'reds'

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

We did this

Day 3: Packaged snacks?

Try sticking to 2 a day max!

We did this

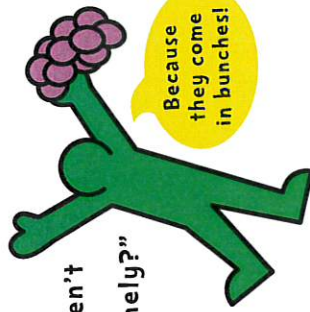
Day 7: Create your own

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?"



Search **Change4Life** for more healthier snacking ideas