

Supporting your child's health, learning and growth

**Snack
tember**

Snack better this September!

EXPLORE BETTER SNACKING...

TRY NEW SNACKS...

MAKE YOUR OWN SNACKS!



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.



**Miss Raine
Pastoral Lead**

Why Snacks Matter

- **Energy Boost** – Young children have smaller stomachs, so healthy snacks help maintain energy levels between meals.
- **Supports Concentration** – Balanced snacks prevent dips in blood sugar, helping children stay focused in lessons.
- **Encourages Healthy Habits** – Regular exposure to fruit, vegetables, and whole foods builds positive lifelong eating habits.
- **Fills Nutrient Gaps** – Snacks provide extra opportunities to reach the recommended **5-a-day** and meet essential vitamin and mineral needs.
- **Improves Mood & Behaviour** – Nutritious snacks reduce irritability, hyperactivity, and tiredness, leading to calmer and more engaged learners.



Childhood Health Statistics

- Around **20%** of children aged 5–10 in the UK are **obese**
- 1 in 3 children **leave primary school** overweight or **obese** (NHS, 2023).
- Children aged 4–10 consume **7–8 teaspoons** of added sugar per day
- Only **1 in 5** children aged 5–10 meet the recommended **5-a-day fruit & veg target**
- By **age 7**, the average child in the UK has already eaten their **body weight in sugar** (Public Health England).



Healthy Snacks and Learning

- Balanced snacks **improve memory and attention** tasks
- Children score up to **17% higher** in reading and **13% higher** in math tests
- **Better working memory**, faster reaction times and improved problem-solving skills
- Less likely to be hyperactive or inattentive, **improving classroom engagement**
- Children with healthier diets are **less likely to miss school** due to illness, supporting consistent learning.
- **Higher Overall Achievement** - Schools that promote healthy eating report better academic outcomes across subjects.



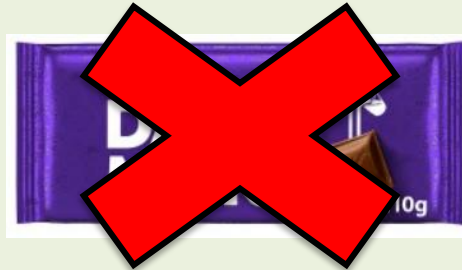
Nut-Free Healthy Snack Ideas

- Fruit kebabs (apple, grapes, melon, strawberries)
- Veggie sticks with hummus or yogurt dip
- Rice cakes with cream cheese or sunflower seed butter + fruit
- Cheese and wholegrain crackers
- Yogurt with fresh fruit
- Mini homemade muffins (whole meal, oats or grated vegetables)



The Stanburn Snack Rules

- ❌ No crisps
- ❌ No chocolate bars
- ❌ No sweets



Snack Tips for Parents

- Offer a variety of colours and textures to **keep it fun**
- **Limit sugary** snacks and drinks
- Involve children in **preparing** snacks to increase willingness to try new foods
- Prepare healthy snacks in **advance** to avoid reaching for less nutritious options
- Offer **child-sized portions** to prevent overeating while still satisfying hunger.
- Encourage a **routine snack time** mid-morning or after school



Snack-tember Challenge!

- Try **one new** healthy snack each week
- Track progress with a **snack chart**
- Share photos or ideas with other parents
- Involve children in **choosing or preparing** the snack to build excitement and ownership.
- Discuss the **health benefits** of each new snack together to reinforce learning.
- **Celebrate** children's efforts at the end of the month



Key Takeaways

- Healthy snacks = better energy, focus and learning
- Balanced snacks = fruit, vegetables, protein and whole grains
- Small changes at home make a big difference to health and attainment



Questions & Discussion

- Open floor for parent questions
- Share personal tips and experiences
- Leaflets provided with easy, healthy recipes
- YouTube videos on Dojo throughout the month showing how to make the recipes

