



SNACKS

Useful Information

Half the sugar children are having comes from snacks and sugary drinks. Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay.

We know it can be difficult to know what the best choice might be, so we have lots of tips and advice to help you make and buy healthier options when it comes to snacks.

Because we are spending a lot more time at home at the moment, it can be easy to snack more than usual. Super snacks are always the best choice for kids' snacks – please see snack leaflet below.

- [Grow Well Choices snacks games](#)
- [Grow Well Farm Story Book](#)
- [Grow Well Farm Certificate](#)
- [Snack Leaflet](#)
- [Healthier snack choices](#)
- [Food Scanner app](#)



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