

Snack Ideas

Young children need a small snack in between meals. Snacks should be low in sugar. It is best not to give sweets, chocolate or cakes very often.

- Plain biscuit, eg tea biscuit, digestive, fig rolls, crunchy or soft cereal bars
- Currant buns, teacakes, scones, crumpets, bagels and malt loaf



- Crunchy bread sticks on their own or dipped into flavoured fromage frais or cheese spread.



- Fresh fruit



- Tinned fruit, eg pineapple, mandarins



- Dried fruit, eg raisins, dates, apricots, banana and tropical mix-take care with nuts with young children.

- Raw vegetables, ie baby tomatoes, sticks of peppers, cucumber, carrots and celery.

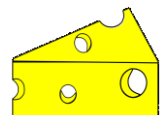
- Individual pots of yogurts



- Individual pots of fromage frais

- Cubes of cheese

- Cheese spread triangle



- Crackers and plain ricecakes (you can add a healthy topping)

- Plain popcorn



- Slice of bread, toast, pitta, or chapatti with toppings of
 - banana
 - cheese or cheese spread
 - spread such as marmite, vegemite or Bovril.

