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'

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 4 | Say no to 'reds'
Use the FREE Change4Life Food Scanner app to choose snacks with no 'reds'.
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 6 | 5 A Day 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 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?"

Because they come in bunches!

Search Change4Life for more healthier snacking ideas