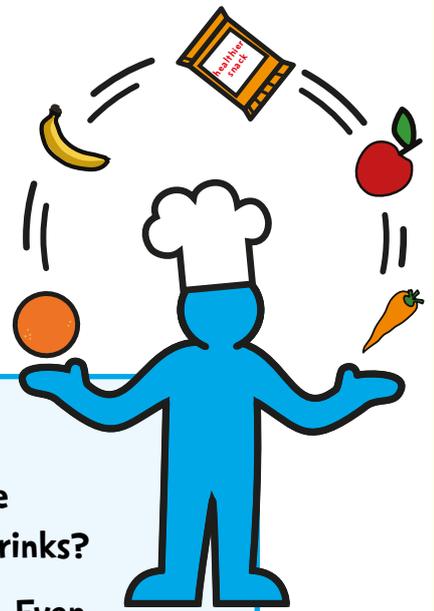


Healthier snacking school council toolkit



Did you know that many kids your age are getting nearly three times more sugar than they should? And that half of the sugar children eat comes from unhealthy snacks and sugary drinks?

Too much sugar can cause harmful fat to build up in the body. Even if you can't see the fat on the outside, it can lead to health problems. Too much sugar can also cause tooth decay.

Unhealthy snacks can be a big problem, but your school council can help!

What can your school council do?

- Choose pupils to form a healthier snacking task force. They will be in charge of promoting fruit and veg as snacks, and speaking with other pupils, parents and carers, teachers and school staff.
- To get started, you could interview one of the cooks in the canteen about making healthier foods.
- Why not encourage your school to try some healthier eating mini missions? You could have classes compete against each other, or try to get every pupil (and teacher!) in the school to take part.

Mini mission ideas

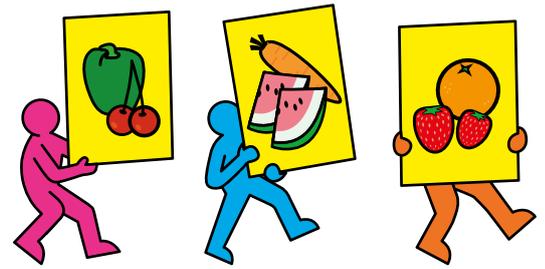
- Fruit and veg are the healthiest snack choice. Be a 5 A Day champion by having at least one fruit snack a day with this week-long 'Fruit Snack' mini mission.
- Swap sugary soft drinks and juice drinks for plain water, lower fat milks, diet, sugar-free or no-added sugar drinks, or try pouring water over ice with a wedge of lemon. Ditch the sugary drinks for a week by accepting this 'Drink Smarter' mini mission.
- Yoghurt can have a surprising amount of sugar! Just one pot can have 5 cubes! Use the [Food Scanner app](#) to scan your favourite yoghurt, see how many sugar cubes are inside, then try to find a yoghurt with less sugar. Top tip: looking for a little extra flavour? Add your own fruit to plain yoghurt.



change
4 life

Does your school have a tuck shop? Can you help make sure it offers healthier choices for pupils?

- Hold a survey to find out how you could improve the tuck shop. You could ask other pupils:
 - Do you think your tuck shop serves healthier snacks?
 - What are your favourite after-school snacks?
 - Which healthier snacks would you like to see at the tuck shop?
- Talk to your teacher to find out if your school could offer fruit or vegetables to pupils at break times.
- Hold special sales on healthier snack foods, like carrot sticks or seasonal fruit and veg. You could even do a maths project to see if this brings in more profit!



Can your school council write articles for the school newsletter or website? Here are some things you could write about:

- Find out how too much sugar in our food and drink can affect our health in the long term and write about it.
- Write a profile about your favourite fruit or vegetable to have as a snack. What does it taste like? Where can you find it? What's the best way to eat it? When is it in season?
- Use the Food Scanner app with all your food for a whole day and find out how much sugar you've had. Write an article to report what you've found out.

Take on the Change4Life Family Snack Challenge!

- These are leaflets with fun and easy ways to get your whole family choosing healthier snacks.
- They include a space for you to add your own challenge. You could even hold a vote to choose your favourite!
- Why not have a school-wide competition to see which class has the most families who complete the challenge?
- If you haven't received any, ask your school council coordinator to visit the School Zone website to order more or download additional copies.



Why not share what your school council has been up to with parents?

- You could help teachers promote the Change4Life Family Snack Challenge at pickup time. Make sure each pupil in Year 1 and above gets one!
- Why not create an information pack for parents, with ideas of fruit and veg that make great snacks?
- You could design a display all about snacks that use seasonal fruit and veg, and show it at parents' evenings, open days, or other school events.
- If your school is holding a Change4Life Healthier Snacking Show assembly, your school council could welcome parents, bring them to the assembly space and hand out the Family Snack Challenge leaflets at the end.



Use these discussion starters to help get your school council talking.

Years 1-2	Years 3-4	Years 5-6
Why is it important to lead a healthy lifestyle?	Why do you think schools are asked to make sure they provide healthy food and activities for their pupils?	Imagine there's a younger pupil who doesn't like to eat fruit or veg. How could you persuade them to try some new ones?

Spread the word!

In this toolkit, you'll find a short PowerPoint presentation to help you talk to other pupils (and parents!) about healthier snacking. At the end of the presentation, there are a couple of slides that you can use with either younger or older pupils. Check the notes section of the PowerPoint for more information.

How much is too much?

The maximum daily amounts of added sugar are:

4-6 years	7-10 years	11+ years
 5 cubes (19 grams)	 6 cubes (24 grams)	 7 cubes (30 grams)

* 1 cube = 4g sugar

