

# Join Change4Life's Family Snack Challenge!

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4 life



Children are eating nearly three times the recommended amount of sugar and over half of this comes from sugary snacks and drinks.

Help your kids snack smarter by trying our easy family snack challenge.

## 1 : Packaged snacks?

If you're shopping for packaged snacks for your children, try sticking to 100 calorie snacks, 2 a day max!



## 2 : Fruity snack

Try a new fruit for your snack – how about a peach, pineapple chunks or a mandarin?



## 3 : Adventurous veggies

Have a veggie snack such as carrot, pepper or cucumber sticks with a lower-fat dip.



## 4 : Say no to 'reds'

Use the FREE Change4Life Food Scanner app to choose snacks with no 'reds'.



## 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.



## 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!



## 7 : Create your own

It's your turn to think of some! How about swapping your usual snack for a less sugary one? For more ideas, search [Change4Life](#).

Download our FREE Change4Life Food Scanner app to see what's really inside your food and drink. Discover which ones are the healthiest!

Search 'Food Scanner' to find out more.

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