

# Snack better this September!

# Snack tember

**EXPLORE** BETTER SNACKING...

**TRY** NEW SNACKS...

**MAKE** YOUR OWN SNACKS!



Inspiring healthier, more sustainable snacking  
for children and young people. Find out more:  
[www.nutrition.org.uk/snack-tember-2026](http://www.nutrition.org.uk/snack-tember-2026)

**Better snacking. One bite at a time.**

© British Nutrition Foundation 2026