

**Snack  
tember**

# Snack-tember is back!

NEARLY 1 MILLION YOUNG PEOPLE TOOK PART LAST YEAR!

JOIN US IN SEPTEMBER  
2026 FOR A MONTH OF  
ACTIVITIES TO HELP YOUNG  
PEOPLE AGED 5-16 YEARS...

- **Explore** better snacking
- **Try** new snacks
- **Make** their own snacks

**REGISTER NOW!**



For **FREE** access to all the  
resources, and email updates,  
to help you plan your month!



Register online here!

<https://www.nutrition.org.uk/snack-tember-2026>

Better snacking. One bite at a time.

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