

A guide for caterers

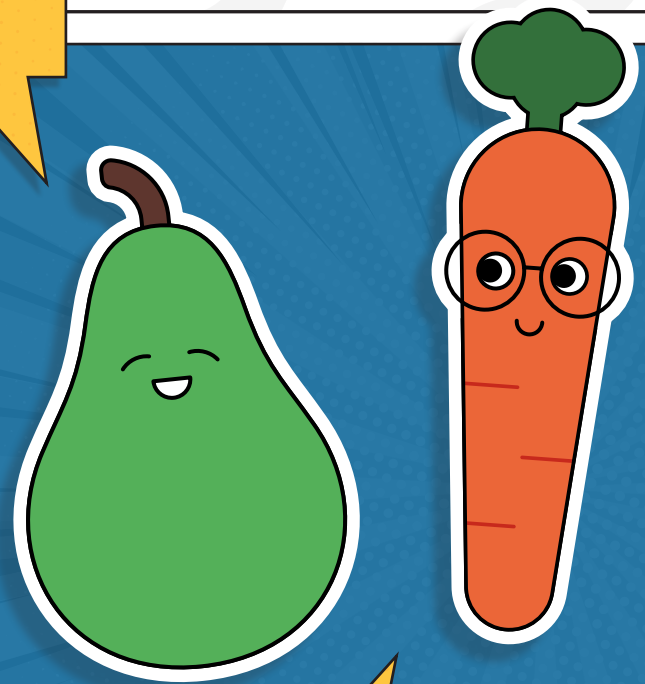
Snack tember

WHAT IS SNACK-TEMBER?

Snack-tember is a month-long initiative for schools, taking place in September 2026. The purpose of the month is to help children and young people (aged 5-16 years) have healthier, more sustainable snacks.

Research shows that many children and young people are not getting enough vegetables, fruit and fibre, and are having too much saturated fat, salt and sugars (NDNS, published 2025).

Snacking plays a significant role in the diets of many young people, with research on snacking behaviour indicating that on average, children and young people have 3 snacks a day. If we can influence these snacking occasions with healthier choices to help increase intakes of vegetables, fruit and fibre, and reduce consumption of saturated fat, salt and free sugars, we can make a positive contribution to the health of children and young people.



WHAT CAN CATERERS DO?

School caterers play a vital role in shaping children and young people's eating habits and attitudes towards food.

We'd like school caterers' snack offer to echo the messages that children and young people will be receiving in lessons and at home during *Snack-tember*, to help us amplify the healthier snacking message and make a positive impact on pupils' health.



HERE ARE SOME IDEAS!

Better snacking. One bite at a time.

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Snack tember

HELP
children and
young people
have...



MORE

VEGETABLES AND FRUIT, BY:

- Trying new ways of presenting vegetable and fruit options to increase their appeal
- Displaying vegetable and fruit snacks prominently
- Offering free tasting samples of vegetables and fruit

LESS

SATURATED FAT, SALT AND SUGARS, BY:

- Using reduced-fat varieties of ingredients (e.g. cheese, spreads, sauces)
- Trying new recipes that have less saturated fat, salt and sugars, such as our **Homemade popcorn** recipe
- Reducing the number of pastry options (e.g. pain au chocolat, sausage rolls) and limiting cookies, cakes and crisps

MORE

FIBRE (THROUGH WHOLEGRAINS, BEANS AND PULSES), BY:

- Swapping the white bread in snacks, such as toast, garlic bread, paninis and pizza, to wholegrain or partly wholegrain varieties (e.g. wholemeal, 50:50, white and wheat)
- Trying new recipe options with more wholegrain, such as the *Snack-tember* recipes for **Pizza muffins** or **Paprika tortilla chips and spring onion dip**
- Offering introductory discounts to encourage pupils to try new, higher fibre options such as **Beany dip and crunchy veg**

NEXT STEPS

- 1. Take a look at the suggestions on this sheet.** Could you make some changes to your snacking offer each week during *Snack-tember*?
- 2. Share the *Snack-tember* flyer with your (secondary) schools** and tell them how you will be supporting *Snack-tember* with your breaktime snacking provision.
- 3. Fill in and display the What we are doing this September poster** during *Snack-tember*, to promote the healthier options you offer.



You can find the *Snack-tember* recipes and more details about the initiative, here:
www.nutrition.org.uk/snack-tember-2026



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