

Register now to take part!

INSPIRING HEALTHIER, MORE SUSTAINABLE SNACKING!

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

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

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FOR FREE
ACCESS TO:

- Activity ideas
- Recipes
- Posters
- And lots more!



Register online here!

www.nutrition.org.uk/snack-tember-2025

Better snacking. One bite at a time.

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