

What we are doing this September...

Snack tember



INSPIRING HEALTHIER, MORE SUSTAINABLE SNACKING.

- **MORE** vegetables and fruit.
- **MORE** wholegrains, beans and pulses.
- **LESS** saturated fat, salt and sugars.



Explore, Try and Make better snacks.
www.nutrition.org.uk/snack-tember-2026

Better snacking. One bite at a time.

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