

Top Tips

Family Time Snacks

Always check for any food allergies and cultural restrictions at the start of the programme. Offer 'safe' choices in Week One until you are aware of these. To keep things as easy, inexpensive and inclusive as possible, the following ideas use every day foods and don't involve any cooking or contain any meat:

- Slices of cheddar cheese with slices of apple or fresh pineapple
- Hummus with cucumber/ carrot/ celery sticks/pepper or mini breadsticks
- Mini sandwiches (cut into triangles or other shapes: try cream cheese and cucumber or tuna and sweetcorn with a little mayonnaise)
- Mini Greek salad - pitta bread pockets with a choice of feta cubes, cherry tomatoes, cucumber, olives, peppers
- Healthy cheesecakes - oatcakes spread with cream cheese and topped with a few raspberries, blueberries or banana
- Fruit bread/ malt loaf / currant buns
- Freshly popped popcorn with no added sugar or salt
- Fresh fruit kebabs - cubes of fruit such as melon/pineapple/kiwi/strawberries threaded onto skewers or lolly sticks. Offer tinned fruit in juice as one choice too.



If you have time to cook either beforehand or with families, try:

- [Mini pizzas | HENRY](#)
- [Dhal and chapattis | HENRY](#)
- [Mini Veg Quiches](#)
- [Bean and cheese wraps | HENRY](#)
- [Pancakes | HENRY](#)

For more ideas, check out the "Snack Swaps" and "A Balanced Lunchbox" sections in the HENRY Healthy Families book. You can also explore our "Top Tips for Making the Most of Family Time" or get inspired by this free, comprehensive guide to healthy snacks for children aged 1 to 4 years

<https://www.firststepsnutrition.org/eating-well-early-years>