

Tips for balanced mid-morning and afternoon snacks

Eating and drinking are pleasurable experiences. Regular and imaginatively prepared meals and adapted snacks fill children up and give them energy. This snack sheet shows how to put together balanced mid-morning and afternoon snacks.



A balanced mid-morning or afternoon snack

- ✓ includes water or unsweetened herbal or fruit tea.
- ✓ consists of fruit and/or vegetables.
- ✓ is put together with colour and imagination.
- ✓ is sugar-free.
- ✓ cereal and/or milk products as well as nuts can be added depending on the level of activity and appetite.



Not regularly – but from time to time

- ✓ meat and meat products e.g. sausage, ham, dried meat – preferably low fat.

Rinse your mouth with water after these foods:

- ✓ dried fruits
- ✓ fruit juice (without added sugar)
- ✓ tropical fruit such as banana, mango, pineapple or papaya (when buying tropical fruit, give preference to organic and fairtrade products).



The following items are not recommended

- ✗ chocolate, milk and cereal bars.
- ✗ sugared breakfast cereals.
- ✗ biscuits/cookies.
- ✗ sweetened drinks such as ice tea, cordial, cola, energy drinks.
- ✗ artificially sweetened drinks (light/zero).
- ✗ sweetened and flavoured milk shakes.
- ✗ fatty or highly salted products such as pretzel sticks, crisps or salted nuts.

A sensible mid-morning or afternoon snack

- ✓ stops that feeling of hunger in between meals.
- ✓ tops up energy levels particularly after active breaks and leisure time.
- ✓ helps concentration.
- ✓ ideally includes local and seasonal products.
- ✓ is best packed in a practical snackbox which keeps the food fresh and saves on packaging.

Portion size

1 portion of fruit or vegetables is as much as your child can hold in their hand.



With the help of:



sgs Schweizerische Gesellschaft für Ernährung
ssn Société Suisse de Nutrition
ssn Società Svizzera di Nutrizione

Ideas for a balanced mid-morning and afternoon snack

Tip
Combination and variety can produce imaginative and decorative snacks, such as bread with cottage cheese or natural yoghurt with berries.

Drink



Tap* or mineral water



Fruit or herbal tea without sugar

* Tap water in Switzerland is safe and delicious.

Fruit



Apples
All year round



Pears
August–April



Grapes
September–November



Cherries
June–August



Figs
June–September



Berries
June–October



Melons
June–October



Plums/damsons
August–October



Nectarines/peaches
June–August



Mandarins
November–February



Oranges
November–February



Kiwis
All year round



Apricots
June–August

Vegetables



Tomatoes
June–September



Carrots
All year round



Cucumbers
April–October



Kohlrabi
March–November



Celery
May–September



Peppers
July–October



Radishes
May–September



Fennel
May–November

Cereals products



Wholemeal bread



Brown bread



Unsweetened oats



Wholemeal crackers



Rice crackers

Milk products



Cheese



Cream cheese and cottage cheese



Natural quark



Natural yoghurt



Milk

Nuts



Walnuts




Hazelnuts



Almonds



Cashew nuts

 Choking hazard for young children / Ground nuts may be used.