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 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.

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 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.

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

**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

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