

# Healthy morning and afternoon snacks

## Getränke

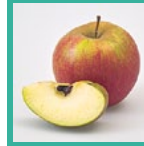


**Wasser**  
tap water or mineral water\*\*



**Tee**  
no sugar

## Früchte



**Äpfel**  
all year round  
(different varieties)



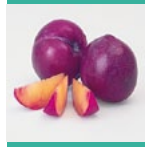
**Birnen**  
August – April  
(different varieties)



**Trauben**  
September – November



**Kirschen**  
June – August  
(different varieties)



**Pflaumen/  
Zwetschgen**  
August – October



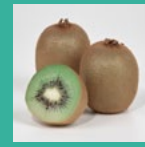
**Nektarinen/  
Pflirsiche**  
June – August\*



**Mandarinen**  
November – February\*



**Orangen**  
November – February\*

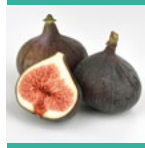


**Kiwis**  
all year round\*



**Aprikosen**  
June – August

## Gemüse



**Feigen**  
June, July, September\*



**Beeren**  
June – October  
(different varieties)



**Melonen**  
June – October\*



**Tomaten**  
June – September



**Karotten**  
all year round



**Gurken**  
April – October



**Peperoni**  
July – October



**Radieschen**  
May – September



**Fenchel**  
May – November



**Kohlrabi**  
March – November



**Stangensellerie**  
May – September



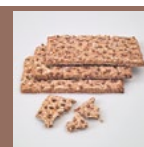
## Getreideprodukte



**Ruchbrot**



**ungesüsste  
Flocken**  
(oat, millet, etc.)



**Knäckebrot/  
Vollkornkräcker**



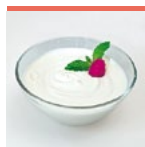
**Reiswaffeln**



**Käse**



**Frischkäse/  
Hüttenkäse  
auf Brot**



**Quark nature**



**Joghurt nature**



**Milch**

## Nüsse



**Baumnüsse**



**Haselnüsse**



**Mandeln**

\*Not grown locally

\*\*Tap water in Switzerland is safe to drink and tastes good

= Choking hazard for young children, but ground nuts are OK



### A healthy morning or afternoon snack:

- 😊 always includes water or unsweetened herbal or fruit tea
- 😊 consists of a fruit and/or vegetable
- 😊 is colourful and sugar-free
- 😊 may also – for active children with healthy appetites – include a cereal and/or dairy product and nuts



### A sensible snack:

- 😊 bridges the gap between main meals – at school or at home
- 😊 helps to keep hunger at bay
- 😊 tops up energy levels after break-time or leisure activities
- 😊 makes it easier to concentrate at school
- 😊 ideally consists of local, seasonal products
- 😊 should be packed, if possible, in a reusable container to keep snacks fresh and save on packaging

### Not regularly – but now and then:

- 😊 Tropical fruits such as bananas, mango, pineapple or papaya (when buying tropical fruit, organic/fairtrade products should be your first choice)
- 😊 Dried fruits
- 😊 Meat and meat products (e.g. sausage, ham, dried meat, etc.) – preferably low-fat
- 😊 Diluted fruit juice (one part juice to two parts water)

### The following items are not recommended:

- ✗ Chocolate, "milk-filled" or cereal bars
- ✗ Croissant, *Zopf* (braided loaf), white toasting loaf
- ✗ Sugary breakfast cereals
- ✗ Baked goods (biscuits, fruit tarts, etc.)
- ✗ Sweetened beverages such as iced tea, cordial, cola, energy drinks, etc., artificially sweetened (light) drinks
- ✗ Sweetened, flavoured milk-mix drinks (chocolate, coffee, malt, etc.)
- ✗ High-fat or high-salt products such as pretzel sticks, crisps or salted nuts

### Combinations and variety spice up snacks

- 😊 The items shown overleaf can be creatively combined, for example:

