

# AFTER PRESCHOOL/SCHOOL AND 'ON THE GO' SNACKS



**Children are often hungry at pick up time.  
Here are some tips to get them through the afternoon....**

- ♥ Firstly, have they finished what's in their lunchbox?
- ♥ Offer a drink of water. Sometimes it's thirst rather than hunger.
- ♥ A piece of fruit or a carrot, a piece of cheese, a handful of nuts or some plain popcorn will reduce the hunger at pick up time - no need to stop at the dairy!
- ♥ Once home, toast with peanut butter might hit the spot or offer some wholegrain crackers with cheese or cottage cheese, a cold glass of milk, a pottle of yoghurt or a fruit smoothie.

