**Menu Planning Tool (snacks)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Time of day** | **Fruit and vegetables** | **Carbohydrate** | **Protein** | **Milk and dairy** |
| **Monday** | Morning snack |  |  |  |  |
| Afternoon snack |  |  |  |  |
| **Tuesday** | Morning snack |  |  |  |  |
| Afternoon snack |  |  |  |  |
| **Wednesday** | Morning snack |  |  |  |  |
| Afternoon snack |  |  |  |  |
| **Thursday** | Morning snack |  |  |  |  |
| Afternoon snack |  |  |  |  |
| **Friday** | Morning snack |  |  |  |  |
| Afternoon snack |  |  |  |  |

**Fruit and Veg**: - Seasonal mix at each snack

**Carbohydrate**: Once a day and varied across the week

**Protein**: Minimum of once a week and oily fish once every 3 weeks

**Calcium**: Once a day and varied across the week

Refer to the Healthy Snack leaflet for ideas for each food group.