

# ATTACK THE SNACK



Need help getting your  
children to eat healthier  
snacks?





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Your school is working with Veg Power to teach the children about healthier snacks. Veg Power have also created a programme to help families.

#AttackTheSnack helps you balance the snacks your kids already love with the nutritious add-ons they need to be healthy.

Whether you've got 30 minutes or 30 seconds, we've got fun, tasty ideas and the best snack-tactics – making snack time good for them and easy for you.

▶ [AttackTheSnack.com](https://AttackTheSnack.com)

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From Veg Power, the team that brought you Eat Them to Defeat Them. © Veg Power CIC