

## Snack Box Information Sheet

It is very easy for a child/young person to become used to having regular snacks and grazing throughout the day rather than having full main meals. They need to experience the sensation of being hungry and having a satisfied stomach.

The use of visual timetables can help the young person to understand when their meals will be happening and when it is ok for them to have a snack, this will also help them to understand the flow of the day and when things will be happening for example we will go to the park after lunch. A visual strip or timetable with planned snack breaks within it can help to support the use of a snack box.

A snack box can be created in two ways, firstly a box in which a range of snacks are put for them to have throughout the day, this could also be achieved by having small boxes of individual snacks within it. Secondly with a small box with pictures or symbols of the snacks the child is able to choose from within it.

By offering a range of snacks it is possible to limit the less un-healthy options they can choose from as you will be putting in the box the items they can choose from. Be careful as if you have put the picture in you must have the item available!

Once the item is chosen and eaten the symbol/picture is removed from the box.

Once the items are all eaten from it, they are all gone or finished, use a symbol of finished to reinforce this.

Try to have a range of items to choose from e.g.:

- Fresh fruit e.g. chopped pineapple, melon, strawberries, grapes etc.
- Dried fruit
- Raw vegetables e.g. carrot sticks
- Crisps
- Yoghurts
- Rice cakes
- Small chocolate bars
- Biscuits-but be clear as to how many biscuits they can have
- Small pieces of cake