



# Healthier Tuck Shop Guide

## Supporting Council Health & Wellbeing Goals

Creating a healthier tuck shop doesn't mean sacrificing taste or convenience. By offering shelf-stable, nutritious snacks, you can promote better eating habits while keeping operations simple and cost-effective.

## Principles to Follow

- Prioritise wholegrains, fibre and protein
- Limit added sugars, salt and saturated fats
- Choose items with long shelf life and no refrigeration
- Offer familiar favourites with healthier twists
- Only snack size/ individual portions should be offered

## Smart Snack Choices

Category	Healthier Options	Why It Works
<b>Crisps &amp; Savoury</b>	Baked crisps, lentil chips, rice cakes	Lower fat, higher fibre
<b>Sweet Treats</b>	Low-sugar flapjacks, fruit & oat bars, dark chocolate squares, yoghurt coated dried fruit	Familiar but better-for-you
<b>Wholegrain Picks</b>	Oatcakes, wholegrain crackers, mini malt loaf	Sustained energy, longer shelf life
<b>Fruit-Based Snacks</b>	Dried fruit (apricots, raisins), freeze-dried fruit	Natural sweetness, no refrigeration
<b>Protein Boosters</b>	Unsalted nuts, roasted chickpeas	Filling and nutrient-rich
<b>Drinks</b>	Water, flavoured water (no added sugar), 100% fruit juice boxes	Hydrating and low sugar

## Storage Tips

- Store in cool, dry areas away from direct sunlight.
- Use airtight containers for bulk items.
- Rotate stock regularly to maintain freshness.

## Promotion Ideas

- Use posters to highlight "Better-for-You" swaps (e.g. "Baked not Fried!").
- Offer combo deals (e.g. oat bar + water) to encourage balanced choices.
- Include staff input to keep the offer appealing and relevant.

This isn't about being the "food police" or banning sugar. It's about making it easier for people to make healthier choices during the working day. By offering better options (not perfect ones) we can support staff wellbeing in a way that's practical & inclusive.