



Active Lifestyles Tuck Shop

SINCE 2020

- Are your children eating you out of house and home during this period of isolation?
- Are they constantly asking you for snacks?
- Why not try your own tuck shop?

The Rules

- Give your child a virtual £1 to spend per day
- Make unhealthier snacks more expensive, this will encourage more healthier choices
- They are only allowed the set limit of £1 a day
- This will also help with rationing during this time
- Try to encourage picking the FREE options

Drinks

Water
Milk
Milkshake
Hot chocolate
Fizzy Drinks
Fruit smoothie
Cordial juice
Fresh fruit juice

PRICE

FREE

Healthy Snacks

Apple
Banana
Orange
Other fruit and Veg
Yoghurt
Toast
Popcorn
Humous and fresh Veg

PRICE

FREE
FREE
FREE
FREE

add-ons (edit your own)

PRICE

Extra's

Small Chocolate Bar
Large Chocolate Bar
Jellies
Crisps
Biscuit

PRICE



_____'s Shopping List

Items Purchased

Total Spent



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