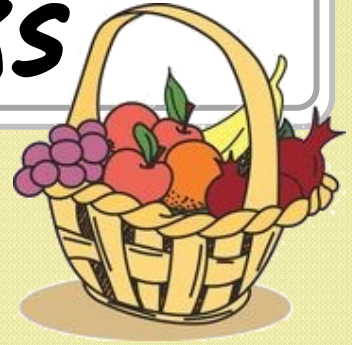
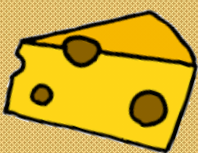


Smart Snacks



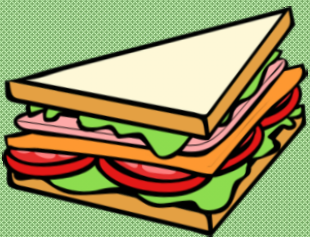
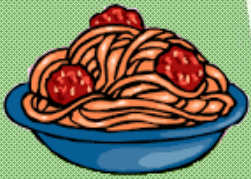
- Fresh fruit
- Fresh fruit salad or fruit kebabs
- Dairy products e.g. milk, cheese, yoghurt
- Raw vegetables e.g. carrot, cucumber, capsicum, tomato, broccoli, celery. Try dipping in hummus, yoghurt dip, cottage cheese
- Savoury sandwiches with roast beef, chicken, tuna, egg, cheese, hummus, avocado, etc. Try different types of bread
- Bowl of unsweetened cereal and milk e.g. weetbix, porridge
- Mousetraps, or melted cheese on bread
- Crackers, rice crackers or rice cakes
- Tortilla chips (baked, not fried)
- Pumpkin or sunflower seeds
- Savoury muffins or scones
- Pretzels (low-salt)
- Plain popcorn
- Crispbread
- Nuts



Eat snacks with
no added sugar



Lunchbox Ideas



- Brown rice salad with celery, nuts, grated carrot
- Mini meat balls with small container of pasta sauce
- Vita wheat crackers with peanut butter or vegemite/marmite
- Leftover sliced beef, mashed potato & onion made into patties
- Cold cooked corn on the cob in small bite sized chunks
- Leftover fried rice, pasta or roast vegetables
- Mousetraps – melted cheese and marmite
- Quiche or frittata baked in muffin pans
- Vegetable patties such as corn
- Crumpets or English muffins
- Pizza made on small pita bread
- Bread cases with savoury filling
- Jaffles - toasted sandwiches made with grain bread eaten cold e.g. cheese & pineapple/tomato, apple & cinnamon
- Soup in thermos
- Hardboiled egg
- Sushi



Young children generally like plain and simple sandwich fillings but here are some ideas you could try:

- Avocado
- Peanut butter or marmite
- Roast chicken & coleslaw roll
- Creamed corn & grated cheese
- Cucumber or carrot with low fat cream cheese
- Hard boiled egg or tuna mashed with mayonnaise
- Ploughmans lunch: thick slices bread, cheese & tomatoes
- Pitabread filled with mini meatballs, lettuce & pasta sauce
- Banana sandwiches (child could wrap fruit in bread themselves)

