

Snack ideas at home

Make it a fresh snack.

Keep it fresh and choose a selection of fruits, vegies, dairy, bread, lean meat, chicken, fish and eggs to give your kids the energy they need to play and learn. Try these ideas:

- › crunchy vegie sticks like carrot (for school-aged children) and cucumber served with low-fat dips like hummus, tzatziki or creamed corn
- › vegie boats like celery (for school-aged children) and capsicum filled with cottage cheese or low-fat cream cheese
- › easy salad with cucumber and carrot 'ribbons' made using a vegie peeler. Serve with pieces of reduced-fat cheese
- › fruit kebabs made from diced melon threaded onto a straw or pop stick
- › frozen fruit served on top of yoghurt
- › glass of milk
- › super smoothie made from low-fat milk and soft fruit
- › slices of reduced-fat cheese or turkey slices topped with thin pieces of apple
- › slice of fruit bread or raisin toast cut into fingers
- › toasted sandwich or jaffle with baked beans or lean sandwich meat, cheese, tomato or avocado
- › mini grainy or wholemeal burrito wrap filled with baked beans, grated cheese and a dollop of salsa. Microwave for 20 seconds for a hot snack for older kids
- › boiled egg, peeled and sliced ready to eat.

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Quick and easy snacks to pack

There never seems to be enough time in the morning before kindy or school, so try these quick and easy ideas:

- › tub of low-fat yoghurt – freeze the night before in warmer months
- › snack pack of tinned fruit in natural juice
- › nibble mix of dried fruits with seeds (for school-aged children)
- › crunchy vegie sticks like carrot and celery (for school-aged children). Pack with a small tub of low-fat dips like hummus, tzatziki or mild salsa
- › plain popcorn with a sprinkle of cinnamon packed in a snap lock bag (for school-aged children)
- › cooked mini cob of corn
- › for younger children, cut reduced-fat cheese into shapes using small cookie cutters. Pop into a container with grainy, wholemeal or rice crackers
- › pikelets made from $\frac{1}{2}$ wholemeal, $\frac{1}{2}$ white flour
- › fruit, date or plain scones
- › small handful of low-sugar breakfast cereal
- › mini-muffins - just add fruit to a plain muffin mix
- › skinless chicken drumstick (for school-aged children)

For more fresh snack ideas visit opal.sa.gov.au