

choose HEALTHY SNACKS

Healthy snacks help meet kid's nutrition needs. Choose snacks based on:

• vegetables • Fruit • milk • cheese • yoghurt • wholegrain breads, crackers and cereals

TIPS TO PLAN HEALTHY SNACKS

Include a vegetable and fruit snack each day



Keep a range of healthy snacks in the Fridge and pantry



Get your kids to help prepare snacks



Cut up vegetables and fruits so they are easier to eat



Show kids you enjoy eating healthy snacks

