

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



WHAT IS A HEALTHY SNACK?

INCLUDE FRESH FOODS & WHOLEGRAIN VARIETIES AS SNACKS



*wholegrain rice crackers

*vegetable pancake



*homemade popcorn,
no added salt or butter



*hummus



*reduced Fat cheese