

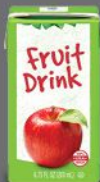
choose HEALTHY SNACKS

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

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



HIGH FAT AND SUGAR SNACKS • no more than 1 a day • only a small serve



*rice bubble bar



*fruit strap

