

Choose healthy snacks

Healthy snacks help meet kids' 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



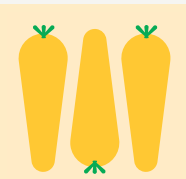
Cut up vegetables and fruits so they are easier to eat



Show kids you enjoy eating healthy snacks



This resource was developed by Western Sydney Local Health District, published June 2021.



HEALTHY EATING
ACTIVE LIVING