

Choose healthy snacks

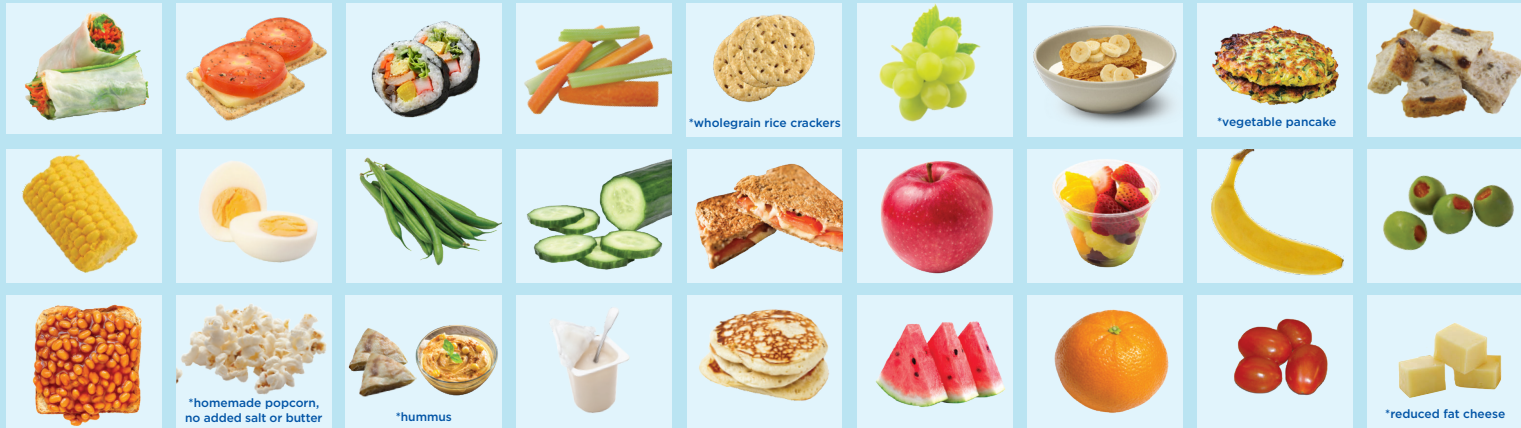
Healthy snacks help meet kids' nutrition needs. Choose snacks based on:

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

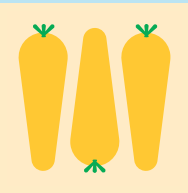
WHAT IS A HEALTHY SNACK?



Include fresh foods & wholegrain varieties as snacks



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HEALTHYEATING
ACTIVE LIVING