

## TOASTY

1



Superhero Food

ENERGISE

### Food Profile

Energises your body and brain.

Superhero Food Group  
**GRAINS**



## MIXED GRAIN

2



Everyday Food

ENERGISE

### Food Profile

Toast or lunchtime bite - try grainy bread instead!

Superhero Food Group  
**GRAINS**



## SILVER SPOON

3



Superhero Food

ENERGISE

### Food Profile

Teeming with fibre to dodge hunger.

Superhero Food Group  
**GRAINS**



## HEALTHY CEREAL

4



Everyday Food

ENERGISE

### Food Profile

Launch into your day with a healthy breakfast.

Superhero Food Group  
**GRAINS**



## NOODLE NINJA

5



Superhero Food

ENERGISE

### Food Profile

Powers up your brain and muscles.

Superhero Food Group  
**GRAINS**



## PASTA BOWL

6



Everyday Food

ENERGISE

### Food Profile

Comes in cool shapes and sizes.

Superhero Food Group  
**GRAINS**



## MEAN GREEN

7



Superhero Food

PROTECT

### Food Profile

Bursting with folate to keep your body's cells healthy.

Superhero Food Group  
**VEGETABLES**



## MRS BROCC

8



Everyday Food

PROTECT

### Food Profile

Green goodness shaped like little trees.

Superhero Food Group  
**VEGETABLES**



## THE DICER

9



Superhero Food

PROTECT

### Food Profile

Loaded with vitamins for super strong eyes.

Superhero Food Group  
**VEGETABLES**





**ARTY CARROT** 10



**Everyday Food**  **PROTECT**

**Food Profile**  
Crunchy carrot eaten raw makes for a healthy smile.

**Superhero Food Group**  
**VEGETABLES** 

**ATOMIC APPLE** 11



**Superhero Food**  **PROTECT**

**Food Profile**  
Contains an army load of antioxidants to fight illness.

**Superhero Food Group**  
**FRUIT** 

**ACES APPLE** 12



**Everyday Food**  **PROTECT**

**Food Profile**  
Simple snack in an edible package.

**Superhero Food Group**  
**FRUIT** 

**SUPER FRUITY** 13



**Superhero Food**  **PROTECT**

**Food Profile**  
Packed with potassium to power up the heart.

**Superhero Food Group**  
**FRUIT** 

**SPORTY BANANA** 14



**Everyday Food**  **PROTECT**

**Food Profile**  
Perfect pick me up – snack on the run.

**Superhero Food Group**  
**FRUIT** 

**BEAN MACHINE** 15



**Superhero Food**  **BUILD**

**Food Profile**  
Pumped with protein to grow a healthy body.

**Superhero Food Group**  
**MEAT / PROTEIN** 

**TINNED BEANS** 16



**Everyday Food**  **BUILD**

**Food Profile**  
Beans for breakfast makes a good start, but do they really make you fart?

**Superhero Food Group**  
**MEAT / PROTEIN** 

**BEEFY BOY** 17



**Superhero Food**  **BUILD**

**Food Profile**  
Jam-packed with protein and iron to build muscles.

**Superhero Food Group**  
**MEAT / PROTEIN** 

**LEAN MEAT** 18



**Everyday Food**  **BUILD**

**Food Profile**  
Try trimmed and terrific beef in a hearty stew.

**Superhero Food Group**  
**MEAT / PROTEIN** 



## FLYING FISH 19



**Superhero Food**  **BUILD**

**Food Profile**  
Dripping with omega-3 for a super healthy heart.

**Superhero Food Group**  
**MEAT / PROTEIN** 

## FISH CAN 20



**Everyday Food**  **BUILD**

**Food Profile**  
Canned fish is a quick, easy and healthy snack.

**Superhero Food Group**  
**MEAT / PROTEIN** 

## YO-GIRL 21



**Superhero Food**  **BUILD**

**Food Profile**  
Packed with probiotics for fighting tummy illness.

**Superhero Food Group**  
**DAIRY** 

## YUM YOGHURT 22



**Everyday Food**  **BUILD**

**Food Profile**  
Cool or frozen, always yummy.

**Superhero Food Group**  
**DAIRY** 

## YO-BOY 23



**Superhero Food**  **BUILD**

**Food Profile**  
Erupting with calcium to build tough teeth.

**Superhero Food Group**  
**DAIRY** 

## BLUE BOY 24



**Everyday Food**  **BUILD**

**Food Profile**  
Yummy yoghurt added to cereal tastes great.

**Superhero Food Group**  
**DAIRY** 

## SPEEDY CHEESE 25



**Superhero Food**  **BUILD**

**Food Profile**  
Crazy full of calcium for super strong bones.

**Superhero Food Group**  
**DAIRY** 

## CHEESY CHEESE 26



**Everyday Food**  **BUILD**

**Food Profile**  
Chock-a-block with flavour, sliced or grated.

**Superhero Food Group**  
**DAIRY** 

## WONDER WATER 27



**Superhero Food**  **BUILD**

**Food Profile**  
Bursting with hydration for super-charged blood flow.

**Superhero Food Group**  
**WATER** 



**COOL GLASS** 28



**Everyday Food**

**Food Profile**  
Cool and fresh, water is the best choice.

**Superhero Food Group**  
**WATER**

**MIGHTY MILK** 29



**Superhero Food** BUILD

**Food Profile**  
Builds a super strong skeleton.

**Superhero Food Group**  
**DAIRY**

**MILK MAID** 30



**Everyday Food** BUILD

**Food Profile**  
Cool and yummy for thirsty kids.

**Superhero Food Group**  
**DAIRY**

**MASHER MAN** 31



**Superhero Food** PROTECT

**Food Profile**  
Packed full of carbs, he's energy for your body and brain.

**Superhero Food Group**  
**VEGETABLES**

**WORKING SPUD** 32



**Everyday Food** PROTECT

**Food Profile**  
Go for stuffed spuds for a tasty twist.

**Superhero Food Group**  
**VEGETABLES**

**VITAMIN C LION** 33



**Superhero Food** PROTECT

**Food Profile**  
Roaring with Vitamin C to boost the body's defences.

**Superhero Food Group**  
**FRUIT**

**FARMER ORANGE** 34



**Everyday Food** PROTECT

**Food Profile**  
Great sporty snack to quench thirst.

**Superhero Food Group**  
**FRUIT**

**SAUCY LADY** 35



**Superhero Food** PROTECT

**Food Profile**  
Seriously full of antioxidants to fight illness.

**Superhero Food Group**  
**VEGETABLES**

**ATHLETIC TOMATO** 36



**Everyday Food** PROTECT

**Food Profile**  
Undercover fruit disguised as a vegetable.

**Superhero Food Group**  
**VEGETABLES**



## PURPLE PRINCESS 37



### Superhero Food

PROTECT

#### Food Profile

Stacked with vitamins for super vision.

Superhero Food Group  
**VEGETABLES**



## COACH CARROT 38



### Everyday Food

PROTECT

#### Food Profile

Perfectly packed healthy snack.

Superhero Food Group  
**VEGETABLES**



## BUSH TUCKER TEAM 39



### Superhero Food

PROTECT  
BUILD

#### Food Profile

Packed with goodness for a strong mind and healthy body.

Superhero Food Group  
**MULTI/BUSH TUCKER**



## TUCKER TRACKERS 40



### Everyday Food

PROTECT  
BUILD

#### Food Profile

Seek out bush tucker. It's low in fat, sugar and salt.

Superhero Food Group  
**MULTI/BUSH TUCKER**



## CAPTAIN CAPSICUM 41



### Superhero Food

PROTECT

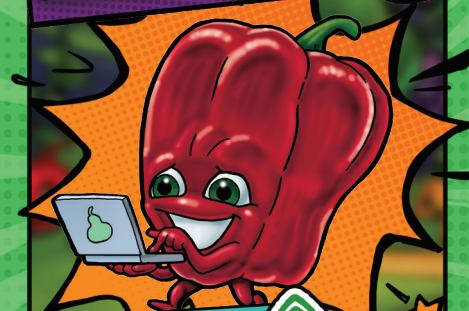
#### Food Profile

Oodles of vitamin C in a rainbow of colours.

Superhero Food Group  
**VEGETABLES**



## CRUNCHING CAPSICUM 42



### Everyday Food

PROTECT

#### Food Profile

Crunchy and munchy eaten raw or cooked.

Superhero Food Group  
**VEGETABLES**



## CHICKEN DRUMMER 43



### Superhero Food

BUILD

#### Food Profile

Chock-full of protein for healthy skin, nails and hair.

Superhero Food Group  
**MEAT / PROTEIN**



## CHEEKY CHICKEN 44



### Everyday Food

BUILD

#### Food Profile

A scrumptious way to help you beat hunger at lunch or dinner.

Superhero Food Group  
**MEAT / PROTEIN**



## DEADLY DAMPER 45



### Superhero Food

ENERGISE

#### Food Profile

Full of energy to power up your brain.

Superhero Food Group  
**GRAINS**





## OUTBACK DAMPER 46



Everyday Food



ENERGISE

### Food Profile

Delicious when cooked in the coals.

Superhero Food Group  
**GRAINS**



## GARLIC SHIELD 47



Superhero Food



PROTECT

### Food Profile

Protects the body against rascal bacteria.

Superhero Food Group  
**VEGETABLES**



## GARLIC DANCER 48



Everyday Food



PROTECT

### Food Profile

Flavours food for tasty tucker.

Superhero Food Group  
**VEGETABLES**



## GO-GO GOANNA 49



Superhero Food



BUILD

### Food Profile

Slam dunks iron for super strong blood.

Superhero Food Group  
**MEAT / PROTEIN**



## HANNAH GOANNA 50



Everyday Food



BUILD

### Food Profile

Bush tucker meat teeming with taste.

Superhero Food Group  
**MEAT / PROTEIN**



## HERBALICIOUS 51



Superhero Food



PROTECT

### Food Profile

Perfect way to pack in taste.

Superhero Food Group  
**VEGETABLES**



## FRESH HERBS 52



Everyday Food



PROTECT

### Food Profile

Adds fabulous flavour to food.

Superhero Food Group  
**VEGETABLES**



## COOL KANGAROO 53



Superhero Food



BUILD

### Food Profile

Booming with protein and iron for super strong blood and muscles.

Superhero Food Group  
**MEAT / PROTEIN**



## RANGER REX 54



Everyday Food



BUILD

### Food Profile

Tasty bush tucker meat makes a wild meaty stew.

Superhero Food Group  
**MEAT / PROTEIN**





## MELONATOR

55



Superhero Food

PROTECT

### Food Profile

Builds body armour to wipe out illness.

Superhero Food Group  
**FRUIT**



## MELODY MELON

56



Everyday Food

PROTECT

### Food Profile

Maximum coolness and full of juice.

Superhero Food Group  
**FRUIT**



## ONION RINGER

57



Superhero Food

PROTECT

### Food Profile

Runs rings around illness.

Superhero Food Group  
**VEGETABLES**



## JACKAROO ONION

58



Everyday Food

PROTECT

### Food Profile

Adds layers of fab flavour.

Superhero Food Group  
**VEGETABLES**



## SUPER SWEET POTATO

59



Superhero Food

PROTECT

### Food Profile

Stacks of Vitamin A for seeing in the dark.

Superhero Food Group  
**VEGETABLES**



## FOOTY GIRL

60



Everyday Food

PROTECT

### Food Profile

Sweet taste roasted or mashed.

Superhero Food Group  
**VEGETABLES**



## VEGIE SQUAD

61



Superhero Food

PROTECT

### Food Profile

Builds a super strong body with an army of vitamins.

Superhero Food Group  
**VEGETABLES**



## TINNED TRADIE

62



Everyday Food

PROTECT

### Food Profile

Convenience contained in a can.

Superhero Food Group  
**VEGETABLES**



## FRUIT MOB

63



Superhero Food

PROTECT

### Food Profile

Rainbow of nutrients jammed with juice.

Superhero Food Group  
**FRUIT**





## FRUITY PAINTER 64



**Everyday Food**  **PROTECT**

**Food Profile**  
Always on hand for a deadly snack.

**Superhero Food Group**  
**FRUIT** 

## THE SCRAMBLER 65



**Superhero Food**  **BUILD**

**Food Profile**  
Egg-ceptionally healthy and packed with protein.

**Superhero Food Group**  
**MEAT / PROTEIN** 

## EAGER EGG 66



**Everyday Food**  **BUILD**

**Food Profile**  
Whip up a quick and easy meal in a flash.

**Superhero Food Group**  
**MEAT / PROTEIN** 

## PASTA BLAST 67



**Superhero Food**  **ENERGISE**

**Food Profile**  
Pasta Blast is a powerhouse of energy for your body and mind.

**Superhero Food Group**  
**GRAINS** 

## PASTA CHEF 68



**Everyday Food**  **ENERGISE**

**Food Profile**  
Pasta comes in fun shapes like tubes, shells and wagon wheels.

**Superhero Food Group**  
**GRAINS** 

## QUEEN PEA 69



**Superhero Food**  **PROTECT**

**Food Profile**  
Protein packed into a small package.

**Superhero Food Group**  
**VEGETABLES** 

## PEA POD 70



**Everyday Food**  **PROTECT**

**Food Profile**  
Yummy eaten raw. Pick a pod full of peas straight from the garden.

**Superhero Food Group**  
**VEGETABLES** 

## COOL CUCUMBER 71



**Superhero Food**  **PROTECT**

**Food Profile**  
High amounts of water helps to keep you hydrated.

**Superhero Food Group**  
**VEGETABLES** 

## MR CUCUMBER 72



**Everyday Food**  **PROTECT**

**Food Profile**  
A tasty and crunchy snack to help you cool down.

**Superhero Food Group**  
**VEGETABLES** 



**SNAP FROZEN**
73

**Superhero Food**

PROTECT

**Food Profile**  
 Packed full of frozen goodness loaded with vitamins and minerals.

**Superhero Food Group**  
**VEGETABLES**

**FROZEN VEGIES**
74

**Everyday Food**

PROTECT

**Food Profile**  
 Frozen goodness always ready to go.

**Superhero Food Group**  
**VEGETABLES**



