

QUICK, EASY AND HEALTHY SNACK IDEAS

Morning and afternoon snacks are great opportunities to offer nutritious food rather than packaged snack foods. Snacks don't have to be time consuming or fancy. You can bulk cook and then freeze ready to go lunch box items such as muffins, fritters or pikelets to have on hand as you need them. Or you can serve small amounts of leftovers (reheating when necessary). Mix and match ideas from below to include foods from all the five food groups. Remember to ensure foods are texture appropriate for your baby or child.

Vegetables



Avocado on toast



Vegetable pikelets



Corn on the cob



Savoury muffins or scones



Vegetable dip

Grains and cereals



Homemade muesli bars



Rice paper rolls



Wholegrain crackers



Wholemeal sandwich with vegemite or peanut butter



Fruit toast with peanut butter or cream cheese

Lean meat and alternatives



Hard boiled eggs



Homemade fish patties



Falafel



Canned tuna or salmon



Canned beans (chickpeas, kidney, butter or baked beans)

Milk, yoghurt and cheese



Plain yoghurt, and fresh fruit



Cheese (cubes or grated)



Plain milk box (add frozen to lunch box)

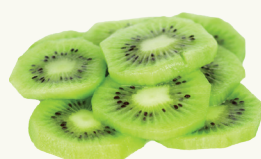


Cream cheese or ricotta on wholemeal bread or wrap



Yoghurt and milk fruit smoothie (fresh, canned or frozen fruit – freeze to make popsicles)

Fruit



Fresh fruit pieces



Apple or banana with nut butter spread



Small amount of dried fruit



Canned fruit in natural juice



Fruit muffins

For yummy recipes and nutrition resources go to superherofoodsHQ.org.au



nom!