

Snack ideas

Offer snacks from the five food groups to help children get enough energy to grow, play and learn:

- Vegetables
- Fruit
- Grain (cereal) foods, mostly wholegrain
- Lean meats and poultry, fish, eggs, tofu, legumes/beans, nuts and seeds
- Milk, yoghurt and cheese

* Check with your school or service if there are any foods that should not be packed for allergy reasons.



Baked beans



Plain pikelets



Bliss balls



Fruit



Vegetable sticks and dip



Falafel and dip



Sandwich



Vegetables and cheese



Fruit bread



Crackers and cheese



Vegetable muffin



Fruit and yoghurt



Fresh berries



Bread and dip



Boiled egg



Crackers and dip



Rice cakes



Sushi