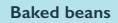
Snack ideas

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

- Vegetables
- Fruit
- Grain (cereal) ٠ 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.



A STATEMENT



Plain pikelets





Bliss balls





Fruit





Crackers and cheese











Vegetables and cheese Fruit bread Sandwich

Fresh berries

Bread and dip



Boiled egg



















Vegetable sticks and dip

Vegetable muffin

Rice cakes



Falafel and dip



Fruit and yoghurt



Sushi



