

HEALTHY SNACK IDEAS

Fruit

Fresh Whole Fruit Apple, Kiwi, Banana, Orange, Pear, Apricot, Plum, Peach, Berries (1/2 cup)

Fruit Kebabs Cherry Tomatoes, Bananas, Watermelon, Strawberries

Tinned Fruit in Natural Juice and No Added Sugar: *Ardmona Apple Pie Slices, Golden Circle Australian Pineapple Pieces in Juice, SPC Diced Peach in Juice 4 pack*

Veggies

Vegetable Sticks Carrot, Capsicum, Snow Peas, Cucumber, Celery

Vegetables Kebabs Cherry Tomatoes, Capsicum, Cucumber

**Can serve with dips, e.g Bulla Cottage Cheese, Chris' Tzatziki, Willow Farm Hommus Dip*

Crackers & Snack Bars

Arnott's Vita-Weat Pumpkin Seed, Multigrain

Woolworths Thin Corn Cakes with Brown Rice

Sakata Wholegrain Rice Crackers

Uncle Toby's: *Milo, Protein Caramel Flavour Dark Choc, Honey Flavour Dark Choc Cinnamon*

Arnott's Bluey Sherbet Flavoured Muesli Bars

Cheese

Bulla Cottage Cheese

Woolworths Creamed Cottage Cheese

**Can serve with Vegetable Sticks, Wholegrain/Multigrain Crackers/Crispbreads*

Milk & Yoghurt

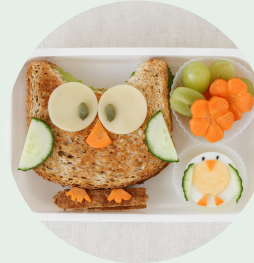
Full-cream Milk Devondale, A2, Woolworths, Pura

Alternative Milk Woolworths, Coles, So Good, Vitasoy Soy or Almond Milk ranges

Yoghurt Farmers Union Greek Style Natural Yoghurt Pouch (Plain), Woolworths No Added Sugar Greek Style Blueberry Yoghurt

Alternative Yoghurts Vitasoy Greek Soy Yoghurt Tub (Plain) Vaalia Kids Probiotic Yoghurt Pouch, Chobani Oat Yoghurt Tub (Vanilla), Cocobella Coconut Yoghurt Pouch (Vanilla, Strawberry or Mango)

Lunchbox Ideas



Lunchbox buddies

- 1 serve fruit
- 1 serve cracker or snack bar
- 1 serve dairy
- Bottle of water

Sandwich

- 2 slices wholemeal or multigrain bread

Filling (choose one):

- Egg & lettuce
- Baked beans
- Roasted chicken & salad
- Cheese & tomato



Lunchbox buddies

- 1 serve fruit
- 1 serve cracker or snack bar
- 1 serve dairy
- Bottle of water

Wraps

- 1 multigrain or wholemeal wrap

Filling (choose one):

- Egg & lettuce
- Chicken, cheese & salad
- Cheese & tomato
- Ham, cheese & salad



Lunchbox buddies

- 1 serve fruit
- 1 serve cracker or snack bar
- 1 serve dairy
- Bottle of water

Rice Bento Box

- 1/2 cup rice (white, brown, or multigrain)

Protein (choose one):

- Leftovers (e.g. roast chicken, salmon teriyaki)
- Chicken or beef katsu cutlet
- Chicken, beef or pork skewers
- Meatballs
- Chicken karaage

Veggies (pick, mix & dress if desired):

- Cucumber
- Corn
- Broccoli

