

Snacks don't need to come in packets



You may have noticed the 'Feeding our Futures' messages on television promoting healthy snacking for young people. Often home made nutritious snacks are overlooked for commercial 'snack foods'. With a little forward thinking home made snacks can easily be a lot cheaper, nutritious and quick to prepare.

Tips

- Be prepared! Help with the family shopping list by adding the ingredients for your favourite healthy snacks. Then you will be prepared with a variety of foods that are tempting to eat.
- Look for snacks that are low in sugar and fat. Aim to include foods from the four food groups rather than items in a packet (fruit and vegetables, breads and cereals, milk and milk products and meats, eggs and alternatives (e.g. vegetarian options)
- Simple, every day foods can make the best snacks. Try some of the ideas below.

Snack ideas

- **Frozen bananas** – Cut peeled banana in half or thirds, put popsicle or skewer stick in the end and freeze, great for a summer snack.
- **Corn on the cob** – With corn soon coming into season, corn on the cob is a great snack for after school.
- **Sandwiches (fresh or toasted) or filled rolls.**
- **Plain cereal with fruit and milk.**
- **Vegetable or fruit sticks or cold cooked vegetables.** Vegetables such as carrots, broccoli, celery, cauliflower pieces, tomato or cucumber can be tasty. Try them with dips like hummus and salsa.
- **Mini fruit or savoury muffins**
- **Pikelets or crumpets with topping**
- **Fresh fruit smoothies or yoghurt.**
- **Half an English muffin, pita bread or mini pizza base with topping.**
- **Cheese slices on toast.**
- **Popcorn**
- **Cereal with milk**

Healthy Nibbles

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