

## CREATIVE CORN CRACKERS

Make after school snacks creative and fun! Let kids decorate their own to inspire their imagination...

- Put one or two of the following spreads in bowls:  
**Plain yoghurt, cottage cheese, hummus, mashed avocado, peanut butter**
- Plus any of these toppings:  
**Carrot, celery, cucumber, tomatoes, berries, grapes, sprouts, capsicum**
- Let kids create their own crackers



## CHIP SWAPS

Small packets of chips produce lots of waste that end up in landfill



Potato chips

These other options can be packed in containers or reusable bags. They are also more nutritious!



Home-made popcorn



Pita or bread chips



Plain nut mixture

SWAP THIS → FOR THAT → OR THIS → OR SOME OF THESE

### FLAVOUR TIPS

- Add a pinch of cinnamon or curry powder to popcorn (this is fat-free and salt free).
- Sprinkle garlic or herbs on top of pita chips for flavour (see recipe) Enjoy with Pita dip\* and/or pop into a small container for the lunchbox
- Recipes for home-made popcorn and other easy ideas are available at [www.myfamily.kiwi/foods](http://www.myfamily.kiwi/foods)

**\*PITA DIP RECIPE** – can also be used for vegetable sticks, crackers, or salad dressing. Blend or mix together:

- 1 cup plain yoghurt (check that it's unsweetened)
- 2 tablespoons herbs (e.g. parsley, mint, coriander) - cut finely
- pinch of salt and pepper
- 1 tablespoon lemon juice
- 1 teaspoon garlic (optional)



### TO MAKE PITA OR BREAD CHIPS

Cut pita bread rounds, tortillas or bread slices into four quarters. Spray/ spread over a tiny amount of oil and sprinkle each piece with herbs and garlic. Bake at 180°C on an oven tray for 5 minutes, then flip pita's over for another 5 minutes.