

# snacks don't have to come in packets

Make it quick. Make it easy. Make it fun. (Make it for the whole family)

Snacks are a great way to add healthy food such as vegetables into your family's diet. The best snacks are often the ones you prepare yourself. You can use everyday items you already have in your cupboard, such as tinned fruit, raisins, peanut butter or even cereal. You'll be surprised how easily foods like these can be made into yummy snacks.



Low-cost, tasty and easy to prepare

## TIPS

- \* Get kids involved in making healthy snacks to help them learn about food
- \* Fruit and vegetables make great, easy, everyday snacks
- \* Homemade foods can be the best choice for kids
- \* Have healthy snacks on hand that the whole family will enjoy
- \* Save time and money - take snacks with you when you are out or travelling in the car
- \* Limit pre-packaged foods such as chippies and chocolate as these can be high in fat and sugar

For more ideas go to [myfamily.kiwi](http://myfamily.kiwi)

### MAKE IT QUICK (JUST GRAB AND GO!)



### MAKE IT EASY (A LITTLE PREPARATION)



### MAKE IT FUN (TRY SOMETHING DIFFERENT - SOME PREPARATION REQUIRED)

<b>BANANA SMOOTHIE</b>		+		+		+		=		YUM!
<b>MOUSETRAP</b>		+		+		=		YUM!		
<b>BOWPED CANOES</b>		+		+		+		=		YUM!
<b>MINI PIZZA</b>		+		+		+		=		YUM!
<b>MONKEY ROLL</b>		+		+		=		YUM!		

**Canterbury**

District Health Board  
Te Poari Hauora o Waitaha