

SNACK IDEAS FOR PACIFIC TODDLERS

1-2 YEARS

You can start to offer your toddler snacks in between meals. Think of snacks as 'mini meals', with at least two food groups, to keep them full.



Stuffed egg with grated carrot and cheese



Pancakes with yoghurt and grated apple



Egg and beetroot wrap



Yoghurt with kiwifruit



Chicken with taro in coconut milk



Cheesy grilled broccoli and cauliflower



Crackers with hummus



Tuna and cucumber sandwich



Mashed pea and avocado on rice cake



Peanut butter and banana on crispbread cracker



Banana topped with peanut butter and coconut



Low salt/sugar baked bean grilled cheese toast



Scrambled eggs with spinach and steamed carrot



Tuna and mayo, on crackers with sliced orange



Yeast spread and cheese toastie with cucumber



Cow's milk with toast

You can now offer whole fat cow's milk (dark blue label) as a drink.