

MAKE YOUR SNACKS COUNT

Name: _____

MISSION 2:

Swap one packaged snack (e.g. muesli bar or tiny biscuits) for an unpackaged snack... see some of our suggestions below!

FAST FACTS:

HOW DO I CHOOSE SNACK FOODS?

Snack time is just as important as meal time. Snacks should come from the everyday foods we learnt about last week... so mostly **breads**, **cereals**, and **vegetables** followed by **fruit**, **dairy** and **proteins**. Snacks should be nutritious and not filled with sugar and fat or high in salt.

HOW MANY SNACKS SHOULD I PACK IN MY CHILD'S LUNCHBOX?

As a general rule 2-3 nutritious snacks should be packed each day. This may vary from time to time depending on your child's growth pattern. For smaller appetites pack smaller serves!

Time to overhaul your child's lunchbox... start with small realistic changes like swapping just one item for a healthier option. You will see that healthier options are often cheaper too!

SWAP! ONE CHANGE IS BETTER THAN NO CHANGE!

- A muesli bar for a slice of fruit loaf
- Sweet biscuits for some homemade savoury pikelets (watch out for the recipe next week!)
- A chocolate flavoured custard for a tub of low fat fruit yoghurt (decant from a large tub)
- Commercially bought cheese dip & biscuits for home cut cheese cubes & grain crackers
- Potato or corn chips for rice cakes or crackers with low fat dip or cream cheese spread
- A fruit roll up for some crunchy vegetables (snow peas, cucumber, beans, carrot) and a dip
- A chocolate biscuit for a boiled egg (draw a smiley face on the shell!)
- White bread jam sandwich for some baked beans



\$23.20/kg

FOR



\$9.60/Kg



\$46.60/kg

FOR



\$10.70/kg



KIDS LOVE MAKING SNACKS!

Kids love eating what they make themselves and lunchbox snacks can not only be easy but lots of fun to make too.

A homemade pizza using an English muffin as a base is a fabulous choice. The kids can spread tomato paste and sprinkle on toppings – choose from capsicum, tomato, mushrooms, pineapple, herbs and top with low fat grated cheese. Make several at the one time so you have some ready for the rest of the week!

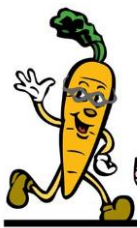
HANDY HINTS:

- Avoid packet potato chips or other snacks of this type, lollies, chocolate bars, biscuits, chocolate biscuits, some muesli bars, cordial and juice
- Vegetables are often overlooked in the lunchbox and make great snacks. For extra crunch, get your child to select their favourite veggies. Jazz them up by adding cottage or Philly cheese down the centre of celery.
- Kids love dipping so adding a low fat salsa, hommus, avocado or a white bean dip will get kids eating their vegetable snacks! Keep your eyes out for next week's mission for more great lunchbox ideas!

Did you know:

90% of 2-4 year olds eat the right amount of fruit a day BUT only 45% eat the right amount of vegies.

And by the time they are 10 this drops to below 25%! So consider packing vegetables as a snack.



NUTRITION NINJA SAYS

My favourite healthy snack is...

After discussing as a group, ask each child to draw a picture of their favourite healthy snack