

SUPER SNACK IDEAS

Offer small healthy snacks at regular times between meals. Suitable snack foods include bread or wholegrain cereals, fresh fruit and plain milk or yoghurt.

For example:

- One or two small vegetable pikelets (include grated vegetables in the mixture).
- Small scones – pumpkin, zucchini or corn and cheese.
- Homemade banana bread.
- One or two crackers with cheese.
- Small tub of yoghurt.



**Healthy snacks
are important!**