Some Snack Ideas

SAVOURY

- Corn thin/Rice cake + avocado + tomato
- Wholemeal English muffin + ricotta + tomato
- Vegie kebab + low fat hummus/salsa/tzatziki
- Celery + reduced fat peanut butter + sultanas
- Handful no salt mixed nuts
- Fantastic original rice cracker packets
- Popcorn packets/ Container homemade popcorn
- Vitaweat + Vegemite + low fat cheese
- Small Tin of Creamed corn
- Salt reduced Packet soup
- Vitaweat + tomato
- Boiled egg
- Homemade mini quiche in wholemeal bread
- Homemade mini capsicum & corn muffin
- Oven baked Mountain/pita bread ‘chips’ with homemade hummus
- 20g pack vitaweat grains snack packs

SWEET

- Fruit toast + scrape margarine
- English fruit muffin + banana
- Crumpets + low fat cream cheese + blueberry/ jam
- Low fat/diet yoghurt tubs
- Meringue nest with fruit salad
- Golden circle sultana packs
- Small cup of fruit smoothie
- Small tub reduced fat fruche
- Small tub reduced fat custard
- Pikelet + reduced fat cream cheese + strawberries/banana
- Cup of SPC Tinned fruit in natural juices
- Fruit puree tubes
- 1 cup dry cereal eg. mini wheats, sultana buds
- Frozen grapes + banana
- Uncle Tobys Body Wise Bars, Be Natural Four Seeds &Trail Bars, Carman’s Fruit Muesli bars
- Sachet instant oats
- 2 x Arnott’s Snack Right Pillow/ 3 x Fruit Slice Biscuits
- Aunty Bettys 100g Creamy rice
- Milo/Chocolait (2tbsp) made on hot water and skim milk