

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 tubs
- ☺ 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

