

Children & Teenagers Are into Snacking

- * Take a snack to school
- * Have a snack after school

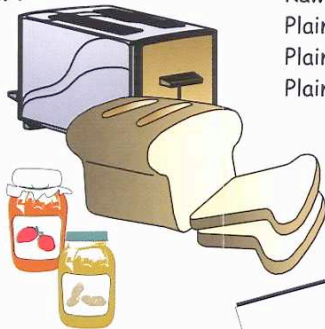
Hot Ideas

Toast, Crumpets, Pita Bread or English Muffins are

GREAT JUST PLAIN

or with a topping of:

- Baked Beans
- Spaghetti
- Cheese slices
- Vegemite
- Marmite
- Peanut Butter
- Jam
- Honey



- Rice
- Plain Noodles
- Soup
- Scones
- Mini Pizza



Snacks Are Cool

Cold Ideas

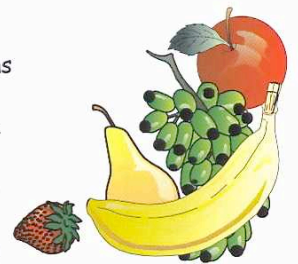
- Fruit Breads
- Yoghurt
- Dairy Food
- Scones
- Crackers
- Cabin Bread
- Weetbix
- Cereals
- Raw vegetables like carrots, celery
- Plain popcorn
- Plain biscuits (1 to 2)
- Plain Muesli Bar (snack size)



Fruit

Fresh or Dried

- Apple
- Banana
- Orange
- Mandarins
- Pear
- Pineapple
- Pawpaw
- Kiwifruit
- Grapes
- Apricots
- Water Melon
- Rock Melon
- Coconut



Bread, Rolls, Pita

Try adding:

- Lettuce
- Tomato
- Marmite
- Vegemite
- Banana
- Peanut Butter
- Jam
- Honey
- Cheese
- Tuna



**Only as a Treat
Once a Week**

Chips, Twisties, Roll ups,
Flavoured Noodles, Coated Muesli Bar
**These are EXPENSIVE
& less Healthy**