

# Healthy snacks for kids



Children have small stomachs and can become hungry between meals. Snacks are a way of re-fuelling the body to boost concentration and energy.

## Pre-packaged snack foods

Pre-packaged snack foods can be appealing. They're convenient and often claim to be healthy! However, these foods are often more expensive and not as healthy as less processed alternatives.



## Choose snacks from across the 5 food groups

Keep it simple when providing snacks for your child. Choose easy and affordable snacks from across the five food groups:



**Vegetables**



**Fruit**



**Wholegrain  
breads &  
cereals**



**Lean meat, fish,  
poultry, beans,  
nuts, seeds**



**Reduced fat  
milk, cheese,  
yoghurt**

The snacks that children graze on at home depend on what foods are in the fridge and pantry. Saying no once at the supermarket is easier than saying no every day!

## Nut-free school policies

Many schools in Australia are 'nut-free' meaning that nuts and nut products cannot be included in the lunchbox. The consequences of nut exposure in allergic children can be severe, so please follow your school's instructions. Choose seeds and seed butters such as sunflower, sesame and pumpkin as an alternative to nuts.

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## Healthy snack ideas



**Banana berry ice pops.** Blend banana and frozen berries, pour into popsicle molds and pop into the freezer.



**Display a fruit bowl on the kitchen countertop.** Include interesting seasonal fruits like kiwifruit, nashi pears and persimmon.



**Keep jars of nuts and seeds** in the pantry for an easy snack on the go.



**Chop up vegetable sticks** and store in the fridge. Have a choice of dips such as tzatziki or hummus on hand.



**Healthy parfait.** Layer untoasted muesli, yoghurt, nuts and fruit in a glass.



**Pita bread pizzas.** Top with tomato paste, chopped veggies, chicken and cheese.



**Toastie.** Cheese, tomato and avocado on wholemeal bread.



**Apple stacks.** Slices of apple or pear topped with nut or seed butter.



**Fruit toast** topped with ricotta, sliced banana and strawberries.



**Wholegrain crackers** and tinned tuna.