



Get set for healthy snacks!

Healthy snacks are important to keep kid's energy levels up and meet their nutritional needs.

Choose snacks based on vegetables, fruit, milk, cheese, yoghurt, wholegrain breads, crackers and cereals.

Some tips to make choosing healthy snacks easy:

-  Include a vegetable and fruit snack each day.
-  Keep a range of healthy snacks in the fridge and pantry e.g. vegetables, fruit, pikelets, popcorn, yoghurt and cheese.
-  Cut up vegetables and fruit so they are easier to grab for snacks during the week.
-  Get your kids to help prepare snacks.
-  Add vegetables into homemade snacks (muffins, scones and slices).
-  Show your kids you enjoy eating healthy snacks.



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Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.