

# Snack Attack



Young children have small stomachs. They need snacks between meals to help them meet their growth and energy needs.

## 1. What are the best foods for snacks?

- Snacks should be a ‘mini-meal’ and filled with ‘everyday’ foods.
- Home made snacks (e.g. fruit and yoghurt) are cheaper and healthier than packaged snacks (e.g. muesli or cereal bars).
- Include ‘**everyday foods**’ such as fruit, vegetables, dairy foods, breads and cereals and meat and meat alternatives (e.g. baked beans).
- ‘**Sometimes foods**’ such as chocolate, lollies, and cakes should only be included sometimes.

## 2. Snack ideas for home

- Dips with fruit and vegetable sticks.
- Milk drinks, e.g. plain or flavoured milk, milkshakes.
- Make a fruit smoothie by blending milk, soft fruits (e.g. strawberries and bananas) and yoghurt.
- Rice cakes or crispbreads with toppings (e.g. cheese and tomato, smooth peanut butter and grated carrot).
- Yoghurt. Fruit flavoured, frozen or natural.
- Grilled bread fingers with cheese.
- Stewed or tinned fruit (in natural juice).



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- Vegetable soup.

### 3. **Snack ideas for a lunchbox**

- Fresh fruit, dried fruit, or snack packs of tinned fruit (in natural juice).
- Pikelets or scones.
- Sandwiches or rolls.
- Nibble pack with dried fruit, cherry tomatoes, cheese slices.
- Celery sticks filled with peanut butter or cottage cheese.
- Flat bread (Lebanese, naan, mountain bread) rolled up with grated vegetables, cheese or leftovers.
- Raw or slightly cooked vegetables with a dip.
- Savoury or sweet muffins.



### 4. **When shopping**

- Fresh fruit.
- Milk or milkshakes.
- Regular or frozen yoghurt.
- Flavoured milk ice-blocks.
- Plain bread roll, slice of bread or fruit bun.
- Scone or pikelet.
- Plain popcorn (for older children).

