



Lunchbox snack ideas...

Choose snacks that are made from everyday foods from the five food groups. The five food groups are:

- 1 Vegetables
- 2 Fruit
- 3 Grain (cereal) foods, mostly wholegrain or high fibre
- 4 Lean meats and poultry, fish, eggs, tofu, nuts and seeds,* and legumes/beans
- 5 Milk, yoghurt and cheese.

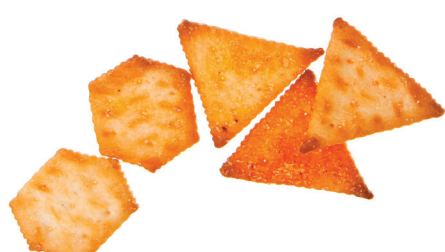
* check your childcare or school policy

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Chips for rice cakes



Savoury biscuits for vegetable sticks and dip



Chocolate dessert for fruit and yoghurt



Jellied fruit for chopped fresh fruit



Lollies for sultanas and cheese



Roll-up for grapes



Cupcake for vegetable muffin



Muesli bar for fruit bread



For more information: www.movewelleatwell.tas.gov.au/families