

Snacks don't need to come in packets



One of the current 'Feeding our Futures' messages promotes healthy snacking for children. Often home made nutritious snacks are overlooked for commercial 'snack foods'. Home made snacks are often a lot cheaper, nutritious and are just as quick to prepare (with a little forward thinking), and having healthy snacks on hand for your kids means they're on offer for the whole family too.

Tips (from 'Feeding our Futures')

- Be prepared! Have a variety of healthy snacks that are tempting to eat.
- Simple, every day foods can make the best snacks for kids. Try some of the ideas below
- If other people look after your children regularly, encourage them to offer healthy snacks too.

Snack ideas

- **Frozen bananas** – Cut peeled banana in half or thirds, put popsicle or skewer stick in the end and freeze, great for a summer snack.
- **Corn on the cob** – With corn soon coming into season, corn on the cob is a great snack for after school.
- **Sandwiches, toasted or fresh**
- **Mini fruit or savoury muffins, scones, fruit buns or crumpets.**
- **Plain cereal with fruit and milk.**
- **Vegetable or fruit sticks.** Chopped raw vegetables such as carrots, broccoli, celery, cauliflower pieces, tomato or cucumber can be tasty and fun for kids to eat. Try with a low fat dip such as hummus or salsa.
- **Natural popcorn.**
- **Fresh fruit smoothies or yoghurt.**
- **Half an English muffin, pita bread or mini pizza base with topping.**
- **Cheese slices on toast.**

Healthy Nibbles

Nutrition and Physical Activity Information for Children
Date: November 2007
Code/Reference: NUT0007AN
Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz