

## Grab & go snacks

Everyday snacks are an important part of the lunchbox.

Keep snacks bite-size and easy to eat so your kids can have lots of time to play! Here are a few ideas:

- Choose snack sized vegetables that are ready to eat like baby cucumbers, snow peas and cherry tomatoes
- Choose everyday snacks that are easy to eat like wholegrain crackers, air popped popcorn, cut up fruit or reduced-fat yoghurt tubs/pouches
- Some kids may be put off by foods that are squashed. Store easily squished items like strawberries and grapes in containers. Remember to make sure the lids are easy to open!



Cherry tomatoes



Snow peas



Reduced-fat yoghurt



Air popped popcorn



Fruit cup in natural juice

Find more tips for saving time on the SWAP IT website:

<https://www.swapit.net.au>