



Smart school snacks

Helping kids stay energised and focused at school starts with nutritious snacks!

When packing your child's lunchbox, aim for snacks from the five food groups - add wholegrains, fruit, vegetables, dairy and lean proteins.

Try these smart snack ideas:

- Fresh fruit
- Vegetable sticks with hummus
- Wholegrain crackers with cheese
- Yoghurt tubs or pouches
- Boiled eggs
- Mini tuna or salad wraps

