

The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

| Swap this | For this |
|-----------------------|--|
| Chips | Plain popcorn |
| Chocolate bar | Homemade bliss balls |
| Sweet biscuits | Raisin bread |
| Fruit roll ups/sticks | Tub of canned fruit |
| Lollies | Dried fruit |
| Flavoured biscuit | Crackers with cheese |
| Commercial muffins | Homemade fruit muffins |

For snack ideas visit healthylunchbox.com.au

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