What's a good snack?

The best snacks are often the ones you prepare yourself!



Wholegrain crackers, vegetables & cheese



Homemade popcorn



Piece of fruit



Grab & Go





Leftover kumara or taro



Small handful of nuts



Oats & fruit



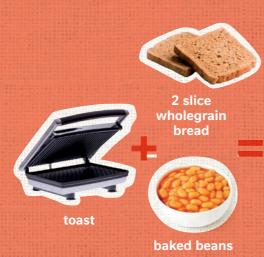
Apple wedges



Boiled egg



Veggie sticks & hummus





Baked Beans Toasted Sandwich





Cooked MAGGI 2 Minute Noodles, Wholegrain



Lean meat



1 tomato, chopped



2 tablespoons frozen peas

