

What's a good snack?

The best snacks are often the ones you prepare yourself!



Wholegrain crackers, vegetables & cheese



Homemade popcorn



Piece of fruit



Reduced fat yoghurt



Oats & fruit



Leftover kumara or taro



Boiled egg



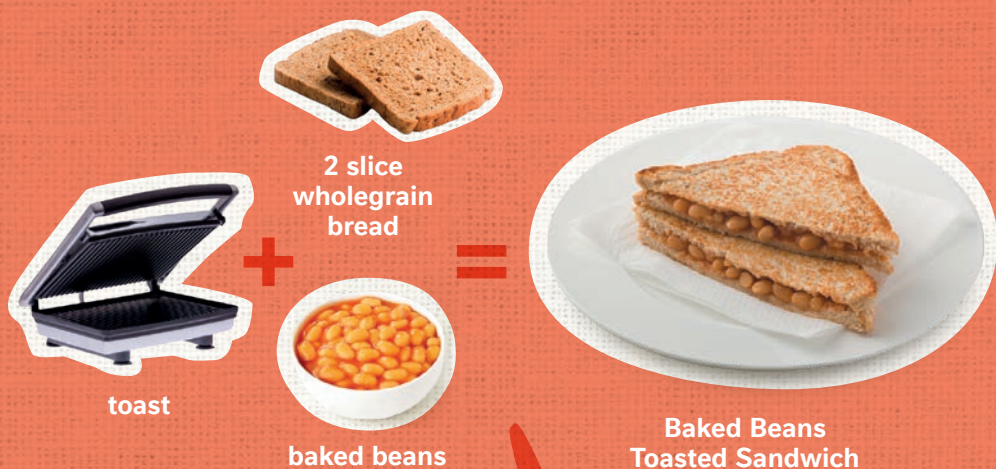
Small handful of nuts



Apple wedges



Veggie sticks & hummus



Quick & Easy

