

# SWAP IT SAVOURY

## A little preparation

Looking for some savoury everyday snack ideas that require a little preparation?  
See our list below for snack ideas that require a little preparation.

### VEGETABLES:

Buy snack size vegetables or chop regular vegetables and store in small containers.

- Baby cucumbers, cherry tomatoes
- Vegetable sticks e.g. carrot, capsicum, cucumber

### CRISPBREADS:

Buy large packets and repackage into smaller containers.

#### Corn thins

- Real foods
- Damora
- Pureharvest
- Woolworths
- Coles

#### Rice cakes:

- Sunrice
- Woolworths
- Coles
- Damora Ceres

#### Crispbreads:

- Vita Weats
- Premiums
- Ryvita
- Cruskits
- Salada

#### Rice crackers:

- Ceres
- Peckish thins
- Fantastic
- Sakata
- Woolworths
- Coles

#### Water crackers:

- Woolworths
- Waterthins
- Coles
- Tuckers wholegrain snack bites
- Captains's table,
- Waterthins lavosh,
- Carr's

### POPCORN:

Buy large packets of popcorn and repackage into smaller containers.

- Cobs sea salt
- Kettle sea salt

### CHEESE:

Buy large blocks of cheese and cut into cubes or slices ready for the lunchbox.

- All brands of reduced fat cheese

### NUTS\* / LEGUMES / BEANS:

Buy large cans and repackage into smaller containers.

- Heinz baked beans
- Coles baked beans
- SPC baked beans
- Wattie's baked beans
- Woolworths macro baked beans
- Corale baked beans
- Plain unsalted nuts and seeds to create your own trail mix

### DIPS:

Buy large tubs of dip and repackage into smaller containers.

- Hummus: Chris' dips, Pilpe, Willow Farm, Yumi's, Obella, Black Swan, Dari's table, SSS, Black Swan, Woolworths, Coles, Little salad bar
- Tzatziki: Chris' dips, Willow Farm, Little salad bar, Woolworths, Coles, Black Swan
- Beetroot: Chris' dips, Pilpel, Yumi's
- Guacamole: Obella

\*Before packing nuts, remember to check your school's policy as many schools have a 'Nut-Free policy'.



Artwork: 'Heart of a child' by Lara Went Worimi Artist