

SWAP IT SWEET

A little preparation

Looking for some sweet everyday snack ideas that require little preparation?
See below for some easy everyday snacks.

FRUIT:

Buy large containers of dried or stewed fruit and repackage into small containers.

Dried fruit - sultanas, prunes, apricots, apple and figs

- Woolworths
- Angas Park
- Sunbeam
- Coles
- Sunsweet
- Southern Grove

Ensure you choose fruit that is in natural juice only, not syrup e.g. two fruits, peaches, mangoes, pineapple, pears, apricots and fruit salad.

- Golden Circle
- Woolworths Select
- Dole
- SPC
- Goulburn Valley

CUSTARD:

Buy large tubs of custard and repackage into smaller containers.

- Pauls custard
- Farmhouse Gold custard
- Forster Clark custard
- Woolworths vanilla custard
- Coles custard
- Dairy Farmers custard
- Brooklea vanilla custard

CEREAL:

Buy large packs of cereal and repackage into smaller containers.

- Be Natural Golden Wholegrain Bites Original
- Freedom Foods 'Active Balance'
- Cheerio's
- Weet-bix Bites

YOGHURT:

Buy large tubs of yoghurt and repackage into smaller containers or reusable squeeze pouches.

Natural yoghurt:

- Chobani
- Jalna
- Tamar Valley
- Yoplait
- Farmers Unions
- Five:am Organics
- Evia
- Black Swan
- Bornhoffen
- Coles
- Woolworths,
- Vaalia
- Brooklea

Flavoured:

- Jalna
- Nudie
- Yoplait
- Five:am Organics
- Gippsland
- Woolworths Select
- Farmhouse Gold
- Ski
- Coles
- Tamar Valley
- Aldi Organic



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