

SWAP IT SAVOURY

Snacks that require no preparation

Looking for some savoury everyday snack ideas that require no preparation?
See below for some easy everyday snacks.

VEGETABLES:

- Woolworths and Coles carrot and celery sticks

POPCORN:

- Cob's sea salt
- Coles original
- Cool popcorn
- Cool Pak original
- Woolworths original

SAVOURY BISCUITS/CRACKERS:

- Mini rice cakes – Damora mini brown rice bites, Healtheries rice wheels, Sunrice mini bites
- Damora rice cracker snacks
- Rice crackers

CHEESE:

- Babybel
- Bega cheese stringers
- Bel kiri cream cheese
- Cowbells cheese streamers
- Dairylea cheesestik wedges
- Dairylea fridge sticks
- Dairylea cheese strips
- Dairyworks cheese sticks
- The Laughing Cow
- Woolworth cheese sticks
- Woolworths cheese cubes

CHEESE AND BISCUITS:

- Dairylea Colby cheese and rice crackers
- Mainland on the go cheese and crackers
- Westcare snack n go cheese and water crackers
- Woolworths cheese and water crackers

NUTS* / LEGUMES / BEANS:

- Macro wholefoods snack packs: sassy chickpeas, eda-yummy mix, buzzin beans, corn kernals, cheeky chickpeas
- Macro air puffed fav-va beans: bbq, salt, pizza
- The Happy Snack Company: roasted fav-va beans (pizza, lightly salted, salt and vinegar, sea salt and balsamic vinegar, red pepper and chilli), roasted chickpeas (lightly salted)
- SPC baked bean pot, Heinz baked bean mini can

TUNA:

- John West tuna to go
- John West tuna and beans
- Small canned tuna (95g)
– Woolworths, Coles, Aldi, Sirena, Safcol

DIPS:

- Black Swan grab n go– lavosh crackers with beetroot tzatziki, roast garlic hummus
- Chris' mini dips: hummus, tzatziki
- Chris' mini snack pack – water cracker and hummus
- Deli originals (Aldi) snack n go
- Obella grab n go – wholegrain rice cracker with hummus, tzatziki or beetroot dip
- Obella mini dips – hummus

*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

