

# SWAP IT LUNCHBOX CHOICES: SAVOURY FOODS

## SWAP FROM...

- |  |              |  |
|--|--------------|--|
| Chips / Crisps                                       | Pretzels     | Flavoured biscuits / crackers (Shapes)     |
| Coloured popcorn                                     | Noodle snack | Jatz-style / country cheese style crackers |
| Crackers and cheese /sweet dip (Le Snak or Dunkaroo) |              |  |



## SWAP TO -

### MULTI-PACKS:

- Flavoured rice crackers (Sakata, Peckish, Wice)
- Flavoured rice wheels (Damora, Healthieries Burger, Kids Care)
- Wholegrain rice mini bites (Sun Rice)
- Messy Monkeys whole grain bites
- Popcorn\*, Coles, Macro, Chazoos (butter or nacho cheese), Cobs (sea salt)

### OTHER CRACKERS:

- Rice crackers (Damora, Peckish, Sakata, Woolworths, Coles)
- Corn thins or Rice Cakes (Real foods, Sun Rice, Coles)

### CRISPBREADS:

- Coles / Woolworths brand, Ryvita, Vita Weats, Premium Original 98% fat free, Orgran.

### DIPS:

- Hommus /tzatziki /tomato salsa (see website for brands)

### CHEESE (Reduced Fat & Full Fat Options):

- Reduced fat cheese with crackers
- Pre-packaged cheeses eg Lite Babybell, Laughing Cow cheese wedges, Philadelphia cream cheese tubs, Cheese Stringers

### OTHER IDEAS:

- Baked beans
- Boiled egg\*\*
- Flavoured tuna
- Carrot and vegie sticks with cream cheese or dip

## SWAP TO - HOMEMADE

### Celery with cream cheese - Recipe:

Wash and cut 1 celery stick into three pieces. Fill each piece with 1 tbsp of reduced fat cream cheese. Sprinkle with sultanas (optional).

### Corn Pikelets - Recipe:

Place 1 cup self-raising flour, 1 egg and ¾ cup of reduced fat milk in a bowl and whisk until combined. Mix in 1 cup corn kernels. Cook in a non-stick pan using 1 tablespoon of batter per pikelet, flipping once bubbles appear. Serve with cream cheese or avocado topping, or pack in zip lock bags and freeze ready for the lunch box!



For more lunchbox ideas and products go to our SWAP IT webpage at: [www.goodforkids.nsw.gov.au](http://www.goodforkids.nsw.gov.au)



\* May pose a choking risk for younger children

\*\* Check your services' allergy policy before packing eggs

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