

EVERYDAY SNACKS

Healthy snacks can be a useful way for your child to meet their nutrition needs. With busy lives, having ready to grab snack options can make it easier to make healthy food choices for you and your family. And when children see you enjoying healthy snack options, they are more likely to eat them too.



Tips for healthy snacking

Have healthy food choices visible and accessible to your child e.g., have fruit available where they can see and reach. Keep sometimes foods out of sight and reach.


A little bit of preparation makes it easy e.g., write a grocery list, wash and cut enough fruit or vegies for a few days' worth of snacks.

When grocery shopping, talk with your child about the food you are buying. Explain why it is good for our bodies e.g., "this cheese helps us to have strong bones and teeth".

Involve your child in snack preparation at home e.g., help wash fruits and vegies, help place snacks in containers.

Snack ideas

Here are some everyday snack ideas for you and your family. Some require no preparation and are great to save time. Others require a little preparation but will often help save some money.

Food group	No preparation	Some preparation
Vegetables 	<ul style="list-style-type: none"> • Mini cucumbers/carrots 	<ul style="list-style-type: none"> • Cut-up veggie sticks e.g., celery, cucumber, capsicum, zucchini • Cherry tomato halves
Fruit 	<ul style="list-style-type: none"> • Fresh fruit i.e bananas, strawberries • Frozen fruit • Tinned fruit in natural juice • Dried fruit 	<ul style="list-style-type: none"> • Fruit salad • Watermelon slices • Grape halves • Frozen banana pops
Grains (wholegrain) 	<ul style="list-style-type: none"> • Wholegrain crackers • Rice cakes • Cereal bites • Wholegrain english muffin or crumpet 	<ul style="list-style-type: none"> • Toasted flatbread crackers • Pikelets* • Savoury muffins
Meat (and alternatives) 	<ul style="list-style-type: none"> • Tinned tuna / salmon • Tinned baked beans • Peanut butter & other nut pastes • Hommus 	<ul style="list-style-type: none"> • Hard-boiled eggs • Chicken meatballs* • Mini quiches*
Dairy (and alternatives) 	<ul style="list-style-type: none"> • Cheese sticks/slices • Cream cheese snack pot • Yoghurt tubs/pouches 	<ul style="list-style-type: none"> • Mini frozen yoghurts • Smoothies • Cream cheese dip

*See the next page for the recipes!



Recipe ideas



Mini quiches

- In a large jug, beat 8 eggs and 150mL of milk
- Spray a muffin tray with olive oil. In the bottom of each muffin hole, place some tuna, mushrooms, capsicum, peas and corn
- Pour in the egg mixture and top with some grated cheese
- Bake for 25-30 minutes or until golden

Chicken meatballs

- In a medium bowl mix 500g chicken mince, grated carrot and zucchini and grated garlic
- Roll mix into small round balls
- Cook in frying pan for 8-10 minutes or until golden brown all over



Banana pikelets



- In a large bowl, add 1 mashed banana, 3/4 cup milk and 1 egg and whisk together
- Add in 1 cup of wholemeal flour and 1/2 tsp of baking powder and mix
- Spoon the mixture into a frying pan and cook in batches for 2 minutes. Flip and cook for a further 1-2 minutes or until golden brown

Storage instructions:

- Store in an airtight container in the fridge for up to 3-5 days or in the freezer for 2-3 months.

Reheating Instructions:

- Using a microwave or oven, reheat food to more than 60°C or until steaming. Be mindful of uneven heating. Allow to cool before serving.

[Click here for more information on food safety.](#)

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEkids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.