

# SWAP IT SWEET

## Snacks that require no preparation

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

### FRUIT:

- Dried fruit snack packs - Sultanas, dried apricots, dried prunes
- Southern Grove
- Sunbeam, Woolworths
- Angas Park
- Sunsweet
- Coles

Ensure you choose fruit that is in natural juice only, not syrup. Remember to be mindful of the size and choose the smallest portion.

- **Tinned / Canned Fruit: Two fruit, peaches, mangoes, pineapple, pears, apricots, rockmelon and fruit salad in natural juice tubs**
- Woolworths
- Goulburn Valley
- Sweet Valley
- SPC
- Golden Circle
- Dole
- **Fruit purée pouches:**
- Mamia
- SPC crush ups
- Golden Circle
- SPC Puree

### CUSTARD:

#### Squeeze pouches:

- Pauls Milky Max vanilla custard
- Pauls vanilla custard

#### Mini tubs:

- Pauls vanilla custard
- Forster Clark's custard
- Brooklea vanilla custard

### YOGHURT:

#### Reduced fat squeeze pouches (no added sugar):

- Yoplait Petit Miam
- Calci Yum
- Woolworths Select
- Chobani with steel cut oats
- Chobani
- Vaalia Kids Breakfast
- Vaalia Kids
- Coles
- Brooklea

#### Full fat squeeze pouches:

- Tamar Valley
- Five:am Organics
- Five:am Organics Powerpaks
- Rafferty's Garden
- Aldi just Organic

#### Reduced fat mini tubs:

- Chobani
- Rokeby Farm
- Yopro
- Yoplait for Me
- Calci Yum
- Ski D'Lite
- Vaalia My First Yoghurt
- Paul's Kid's
- Yoplait Classics
- Vaalia

#### Full fat mini tubs:

- Dairy Farmers Greek Style Natural
- Dairy Farmers Thick & Creamy
- Greek style Dairy Dream (Aldi)
- Ski Divine
- Gippsland

### CEREAL:

- Uncle Toby's Fruity Bites



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