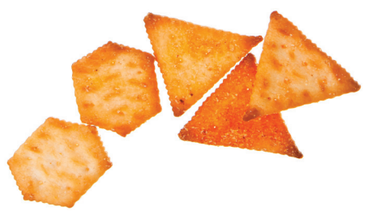
PUBLIC HEALTH SERVICES

Lunchbox snack ideas...

Choose snacks that are made from everyday foods from the five food groups. The five food groups are:

1. Vegetables
2. Fruit
3. Grain (cereal) foods, mostly wholegrain or high fibre
4. Lean meats and poultry, fish, eggs, tofu, nuts and seeds,* and legumes/beans
5. Milk, yoghurt and cheese.

* check your childcare or school policy

SWAP	FOR
	Chips for rice cakes
	**Savoury biscuits for vegetable sticks and dip**
	Chocolate dessert for fruit and yoghurt
	Jellied fruit for chopped fresh fruit
	Lollies for sultanas and cheese
	Roll-up for grapes
	Cupcake for vegetable muffin
	Muesli bar for fruit bread

For more information: www.movewelleatwell.tas.gov.au/families