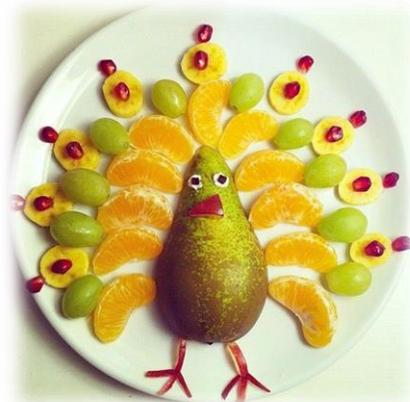




Cheese and fruit kebabs, apple mouths, ants on a log, grape caterpillars, turkey, apple and raspberry pots, veggie man!



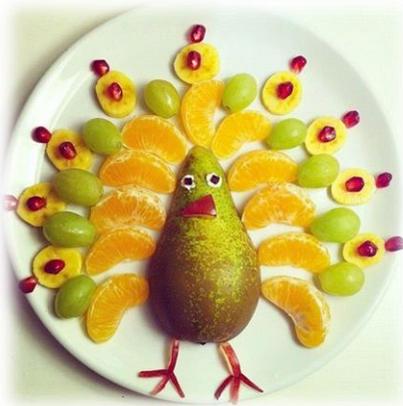
Healthy Kids Snack Ideas - Make Healthy Food Fun!

Make healthy food fun! Food manufacturers go to a lot of trouble to make treat foods look exciting and visually interesting on both TV ads and the food packets. Beat them at their own game – make healthy foods fun and visually appealing for your kids:

- ✓ Forget the old rules about not playing with your food! Get your children to build little towers out of crackers or spell their name in vegetable sticks then munch their way through them
- ✓ Get children to make their own trail mixes out of dried fruit, nuts and seeds – put them in a sealable bag, shake and then eat a little and store the rest for future use.
- ✓ Give your healthy snacks fun names. The old favourite 'ants on a log' is a great example: celery smeared with peanut butter and raisins for the littlies.
- ✓ Find new ways to present the same food – fresh pineapple cut into different shapes (e.g. triangles or squares), fruit kebabs are much more exciting than fruit just cut up (get the kids to assemble their own kebabs)
- ✓ Banana on a stick – peel bananas, cut in half, stick halves on popsicle sticks, smear with softened peanut butter, roll in chopped nuts, muesli or rice cereal – serve immediately or freeze for 3 hours
- ✓ Jellies set with fruit inside – what fun it is playing with wobbly jelly trying to get the fruit out!
- ✓ Sometimes the thrill of a snack is that you can eat it on the go, fruit and veges are great for everyone. If you pre chop and bag them, they can also suit everyone.



Cheese and fruit kebabs, apple mouths, ants on a log, grape caterpillars, turkey, apple and raspberry pots, veggie man!



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