

Lunchbox snack foods

Children need to eat a range of different foods to provide nutrients to meet growth and energy needs. Snacks need to be everyday foods rather than sometimes foods.

Everyday Snacks	Sometimes Snacks
fruit loaf plain popcorn plain or fruit yoghurt cheese and crackers fresh fruit or canned fruit dried fruit and cheese cubes wholemeal biscuits or crackers vegetable sticks and dip or salsa corn or rice cakes with or without spreads celery, cherry tomatoes and carrot sticks	muesli bars and dried fruit bars potato crisps / chips and corn chips lollies and confectionary chocolate cordial soft drink

Confectionary and lollies are very high in sugar, provide extra kilojoules and cause tooth decay. They are not recommended for lunch boxes. Keep these foods for special occasions only.