

*Need a quick snack or forgotten your lunch? Social Clubs can be a handy way to eat on the go at work.*

*A few small tweaks to your options can give team members access to foods that keep them fuelled and alert for a great day in the office!*

*These options are available in portion packages, making them easy to store and easy to share among your team.*



## For the cupboard

- Tinned soups and Cup of Soups
- Mini rice cakes
- Fruit tubs
- Nuts
- Trail mix (mix of dried fruit, nuts and seeds)
- Tinned tuna or salmon
- Baked beans and 3 bean mix
- Tinned corn
- Microwave rice sachets
- Roasted chick pea or fava bean sachets
- Oats sachets

## For the fridge

- Sparkling and still water
- Liquid breakfast drinks
- Yoghurt
- Individually wrapped cheese
- Small UHT milk cartons
- Individual serves cream cheese

**Healthy Eating Tip:** Have you considered a fruit bowl filled with colourful seasonal fruit?

Email ACT Nutrition Support Service [info@actnss.org](mailto:info@actnss.org) for more information and support.