

# Quick and easy snacks to GREEN up your menu

*Are you looking for some quick and easy snacks ideas to GREEN up your menu? Try these GREEN snack ideas the kids love!*

**1. Crunchies (courtesy of Ainslie Primary School)**

Place some GREEN cereal bites in a snap lock bag for a crunchie snack. Just check the Nutrition Information Panel meets the Healthier Choice criteria on page 13 here.



**2. Yoghurt cups**

Reduced fat flavoured or plain yoghurt tubs are simple, delicious and require no preparation.



**3. Custard cups**

Decant reduced fat custard into small cups. Try adding fresh, canned or frozen fruit for variety.



**4. Humpty dumpty**

A boiled egg, simple and nutritious!



**5. Apple slinky**

Use a slinky machine to jazz up an apple.

**6. UFO (courtesy of Florey Primary School)**

Freeze canned pineapple rings for a refreshing snack; choose fruit canned in juice not syrup.



**7. Corn wheels**

Steam or microwave frozen corncobs for a colourful juicy snack.



**8. Popcorn**

Place plain air popped popcorn in a snap lock bag.



**9. Raisin bread**

Try serving raisin bread or raisin toast. If you choose to add margarine, ensure it is spread thinly.

**10. Bunny bag (courtesy of Arawang Primary School)**

Cut up crunchy carrot and celery sticks and place in a snap lock bag. Tip: ask the school community to donate carrot and celery to keep the cost low.



**11. Cheesy moon**

Melt reduced fat cheese on an English muffin or whole grain bread

**12. Mr Bean melt**

Place baked beans on an English muffin half and top with reduced fat cheese.

**13. Bananas in pyjamas**

Cut bananas in half and dip in reduced fat plain or flavoured yoghurt and freeze. Try serving on a paddle pop stick or in a snap lock bag.

**14. Cheesy garlic bread**

Spread minced garlic over wholemeal bread and sprinkle with reduced fat cheese.

**15. Apple jaffles**

A toasted sandwich with a sweet twist. Fill two pieces of raisin bread with a tablespoon of canned apple and a teaspoon reduced fat custard.

**16. Watermelon pops**

Cut watermelon into triangles and serve on a paddle pop stick

**17. Mini pizza wheel (Adapted from Garran primary school)**

Spread no added salt tomato paste on an English muffin half, top with pineapple pieces and reduced fat cheese. Try other vegetables or fresh chicken for different GREEN pizza varieties.

**18. Pikelets**

You can cook your own or purchase plain pikelets from the supermarket – they are both GREEN.

**19. Frozen milk cup – reduced fat flavoured milk**

Pour reduced fat flavoured milk into a small cup, freeze and serve with a spoon for an icy treat.



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