

Snack Solutions.



Your guide to fast, tasty and healthy snacks!

What's inside

Simple snack swaps

Freezer friendly

Grab and go

After school snacks

5 simple shopping tips



Cancer Council
Healthy Lunch Box



Did you know? On average, children eat 2-3 snacks every day, so it's important to make them as healthy as possible. Here's your guide to snacks that will power their brains and fuel their muscles throughout the day.

Try these simple **snack swaps** → your kids will love!

Images are linked to our healthy lunch box website.

Swap out	Make it 	Or buy it 
		
		
		
		
<p data-bbox="49 1839 225 2033">Find out why juice is not necessary: the 5-best-drinks-for-kids</p> 	 <p data-bbox="858 1809 997 2033"> Water is the best drink to keep kids hydrated.</p>	

We rated **4** out of **5** packaged lunch box snacks as unhealthy*

...more simple snack swaps

We looked at common lunch box snacks available at supermarkets and found that most were high in sugar, salt and fat. Not to mention a load of hard to pronounce ingredients that provide no nutrition.

For more healthy swaps go to: healthylunchbox.com.au/healthy-swaps/

Swap out	Go for
Chips and savoury crackers	Popcorn Wholegrain crackers Rice crackers and hummus <i>💡 Tip: choose plain brown rice or multi grain crackers</i> Roasted chickpeas Rice cakes or corn thins
Cereal bars and biscuits	Chewy fruit and seed bars No bake cookies Apple and date bliss balls Oaty biscuits Crunchy snack mix Poppletana
Fruit straps	Fruit salad Fruit salad parfait Canned fruit in natural juice Dried fruit packs Dried apricots
Cakes and muffins	Zucchini muffin Apple and date muffin Banana bread Pumpkin and cheese pikelets English fruit muffin Wholemeal raisin bread
Fruit juice	Frozen water bottle Water with cucumber slices Plain milk Milk alternative popper

*💡 Tip: when buying bars, look for products with >4 Health Star Rating and avoid ones with choc chips and yoghurt coating.**



Our recipes are linked to our healthy lunch box website.

*140 products were assessed against the Health Star Rating and 80% of products had a Health Star Rating of 3 or less.



SNACK HACKS...

Make a large batch and freeze. In the morning pack into the lunch box and the snack will be thawed and ready to eat by lunchtime.

Freezer friendly!

- Baked bean mini muffins
- Mediterranean scrolls
- Zucchini and corn fritters
- Easy savoury muffins
- Carrot and oat slice
- Banana pikelets



Recipes are linked to our [healthy lunch box website](#).



Prep the night before - cut [vegie sticks](#) (carrots, capsicum, celery baby cucumbers) and pack dips like [hummus](#) or [tzatziki](#) in a small container.



Grab and go!

Simple snack ideas you can throw in the lunch box in the morning.

- Cherry tomatoes
- Snow peas
- Wholegrain crackers
- Rice cakes or corn thins
- Cheese
- Tub of yoghurt
- Dried fruit and seed mix
- Fresh fruit – apple, mandarin, banana, nectarine, peach, bunch of grapes
- Fruit tub in natural juice

After school snacking



Many kids come home from school starving. Afternoon tea provides a great opportunity to focus on vegies, the true superfood that most kids are missing out on. **Get an extra serve in when they are hungry!**

Keep it simple

- Avocado on rice cakes
- Tomato and cheese on toast or in a toasted sandwich
- Baked beans on wholegrain toast
- Corn on the cob
- Vegie sticks with dip - try different dips for variety eg roasted beetroot, carrot and ricotta dip

A bit more effort

- Pizza muffins
- Japanese vegetable pancakes
- Rice paper rolls - add your kids favourite vegies
- Sushi - add some tofu and vegies
- Fried rice muffins

 **Recipes are linked to our healthy lunch box website.**



Fun fact:
Legumes like baked beans, kidney beans and chickpeas are vegetables!



Add some zucchini, capsicum or mushrooms to make vege skewers



Tip:
add different fillings like chicken, avocado or tuna

5-Simple shopping tips



We know pre-packaged snacks make life easy, but it is often hard to know which products to buy. Follow these tips to find the healthier products.

- 1. Check the front of pack for the Health Star Rating.** This is not always displayed but can be helpful for comparing **similar** products. Aim to choose foods with a Health Star Rating of **more than 3.5**. The more stars the better.



Ask yourself Is there a better option? **Strive for 5.**

- 2. Look at the Nutrition Information Panel**

Nutrition information		
Serving size: 30g (2/3 cup)	Servings per package: 16	
	Per Serve	Per 100g
Energy	432kj	1441kj
Protein	2.8g	9.3g
Fat		
- Total	0.4g	1.2g
- Saturated	0.1g	0.3g
Carbohydrate		
- Total	18.9g	62.9g
- Sugar	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice malt extract, honey, salt, vitamins (niacin, thiamine, folate)		

Serving Size
The manufacturer chooses the serving size. This can be different between brands, and might not be a healthy or realistic serve size for you.

Fats
There are many different types of fats in foods. Low in saturated fat is more important than low in total fat.

Fibre
Also known as dietary fibre. Choose higher fibre foods.

Sodium
Sodium is salt. Look for lower sodium varieties.

Ingredients
Ingredients are listed from MOST to LEAST by weight.

100g column
Because the 'per serve' column is often different between brands, per 100g is a fairer way to compare.

Sugars
This includes added sugar and naturally occurring sugar. Check the ingredients list for clues and choose foods lower in added sugar.

Allergies
Common foods that people are allergic to are in bold to make them easy to spot.

- 3. Read the ingredients list** and choose products that contain wholefood ingredients like oats, wholemeal flour, nuts, seeds and legumes like chickpeas.

- 4. Don't be swayed by claims on the labels and marketing tactics.** Many products promoted for lunch boxes have claims on the label that make you think they are healthy when they are not for example "no added colours and flavours", "no nasties", "sugar free".

- 5. Think twice before heading to the snack section in the supermarket.** Consider most packaged lunch box snacks to be "sometimes" foods.