

Yummy Snacks!



TIPS



Snacks made at home can be:

- ✓ Tasty
- ✓ Low-cost
- ✓ Easy to prepare
- ✓ Healthy
- ✓ Fast

The best snacks are often the ones you prepare yourself.

Just grab and go:



cherry tomatoes



piece of fruit



milk or a smoothie



veggie sticks



corn on the cob



home-made popcorn



hard-boiled egg



left-over cooked kumara or taro

Try one of these quick and easy options:



muffin split or bread

+



tomato

+



mushrooms

+



cheese

=



Mini pizza



celery stick

+



peanut butter or cottage cheese (1 tsp)

+



+



raisins

+



rice bubbles

=



Crowded Canoes

For more quick and tasty snack ideas go to
www.feedingourfamilies.org.nz