

**Quick and easy healthy snack ideas**

**Cold snacks**

* fresh fruit (diced)
* frozen fruit pieces
* vegetable pieces (carrot, celery, zucchini) in slices/sticks
* vegetable sticks with hummus dip
* fruit or vegetable kebabs
* dried fruit and nut packs (raisins, currants, sunflower seeds, pumpkin seeds, suitable nuts)
* reduced fat cheese sticks/cubes/slices
* small reduced fat plain or fruit yoghurt/frozen yoghurt
* slice of raisin/fruit bread or toast
* rice cakes/corn cakes/crispbread with hummus or vegemite
* fingers/triangles of bread spread with grated vegetables mixed with plain yoghurt
* reduced fat custard
* rice cakes topped with reduced fat cheese

**Hot snacks**

* mini fruit/vegetable muffins
* ½ jaffle
* corn cob
* boiled egg
* air popped popcorn (with no added salt/butter)
* scones (plain/fruit/cheese/pumpkin)
* toasted English-style muffins with tomato and cheese
* ½ boiled potato topped with grated reduced fat cheese
* pikelets

**Drinks**

* plain water
* reduced fat plain milk

Further information on *Smart Choices* can be found on the Department of Education’s website

[https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices/](https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices).