

Just add fruit & veg

...to your snacks

Eating fruit and vegetables helps achieve a healthy weight and reduces your risk of cardiovascular disease, diabetes and some cancers. So pack your snacks with fruit and veg.

School lunchbox snacks

- Fill **celery** sticks with peanut butter or light cream cheese.
- Instead of adding finger buns, chips or muesli bars to lunchboxes, make a homemade fruit loaf with **banana** and **pear**.
- Cold mini pizzas taste great. Top English muffins with tomato paste, **mushrooms**, **red capsicum**, **pineapple** and grated low fat cheese. Cook for 15 minutes in a 200°C oven.

Tips

- Raw fruit and veg make for quick lunchbox snacks and will appeal to kids even more if they are easy to eat, hold and peel. Stonefruit, grapes and cherry tomatoes are good options, and ask your local greengrocer for smaller sized varieties of apples, pears and carrots.

For other great ways to use seasonal produce: www.marketfresh.com.au



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All fruit and veg are healthy so Just Add Fruit & Veg to your snacks everyday.

Weekend snacks

- Something fun for the kids and a great snack idea. Get them to thread a variety of cut up fruit onto kebab sticks. Try **watermelon**, **honeydew melon** and **pineapple** during the summer months.
- Bruschetta makes a tasty snack. Toast some bread and rub both sides with **garlic** and brush with olive oil. In a bowl mix chopped **red onion** and **basil**. Place slices of **tomato** on the toast and top with onion and basil mix.
- For something special, place some sliced **strawberries** and **grapes** into an ice-cream cone or glass. Top with low fat ice-cream then spoon **passionfruit** pulp over the top.

Tips

- Just add chopped apple and a drizzle of honey to instant porridge or cereal for a filling snack.

For more healthy meal and snack ideas: www.heartfoundation.org.au



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