

ADD MORE COLOUR

Eat a variety of colourful foods by choosing from the fresh fruit and veg rainbow. Start with...

SUPER RED

Add fruits (**raspberries**, **strawberries**, **watermelon**) to wholegrain breakfast cereals. Use **tomatoes** and **capsicum** strips as vegetable dippers.

ORANGE BURST

Carrot sticks are perfect with dips, or grate and add to meals. Chop peeled **orange** and use in smoothies or cut into wedges for a great snack.

SAY YELLOW

Corn on the cob is a favourite to snack on, or remove the kernels and add to meals. **Yellow capsicum** strips or fresh **pineapple** pieces are also wonderful snacks.

TEAM GREEN

Grate **zucchini** into meals, such as bolognese, or use blended **peas** or **leafy greens** as a pesto base.

PURPLE DREAM

Include finely shredded **cabbage** in wraps and rolls with other fillings, and snack on **grapes**.



BETTER SWAPS

Getting your kids to enjoy healthier options is only a few tweaks away – check out these simple substitutes.



SWAP OUT

Sugary beverages such as cordials and soft drinks.

GO FOR

Mineral water flavoured with berries.



SWAP OUT

Snack packs or packets of chips.

GO FOR

Homemade trail mix. Try popcorn, puffed rice and dried fruit.



SWAP OUT

Ice-creams or frozen yoghurt treats.

GO FOR

Frozen fruit popsicles.



SWAP OUT

White bread, wraps and pasta.

GO FOR

Wholegrain or wholemeal bread, wraps, rolls and pasta.





LUNCH BOX INSPO



Introduce calm and order to midweek mornings with these hacks that will inspire your lunch-box prep.

1

ICE CUBES

Puree leftover fruit and freeze in ice cube trays, ready to use as the base for a smoothie.



3

BULK BAKE

Bake in bulk, then freeze your savoury and sweet items such as muffins, slices, scrolls and mini pizzas.



2

VEGIES

Roast a tray of vegies, then portion and freeze them so you have them on hand to add to dishes or bulk out a lunch.



4

EXTRA PASTA

Use leftover pasta from a weeknight meal to make pasta muffins.



5

EGGS

Boil some eggs and add them to sandwiches or enjoy as a snack.



6

DIPS

Pre-portion and freeze dips in containers, then pop into lunch boxes to thaw in time for the snack break.

