

Healthy food and drink choices in schools

GREEN
Fill the
menu



AMBER
Select
carefully



RED
Off the
menu



Australian Better Health Initiative: A joint Australian, State and Territory initiative. Acknowledgement NSW Health

Ideas for school recess

Regular eating times such as breakfast, morning snack, lunch, after school snack and dinner are important during childhood to help meet a child's energy and nutrient needs for growth and development. In fact, for children, eating little and often can be the best way to meet nutritional needs.

All foods – snacks and drinks, as well as meals – consumed throughout the day should make a positive contribution to the diet's nutritional quality. Too often the snack foods on offer are high in fat, salt or sugar, and fruit and vegetable based snacks are unavailable or unappealing. However, there are many alternatives and children can help to choose healthy, nutritious and attractive snacks for between meals.

Smaller servings of foods and drinks suitable for lunches can also be used as snacks. Here are some additional quick and easy snack ideas.

Cold snacks

- ✓ fresh fruit (diced) or frozen fruit pieces
- ✓ fruit or vegetable kebabs
- ✓ vegetable sticks (carrot, celery, zucchini) with hummus dip
- ✓ high fibre cereals that are low in sugar in bowls ready for milk to be added, or eaten as snack packs
- ✓ mini wraps – use small Lebanese bread and fill with sandwich fillings
- ✓ garden salads mixed with chicken, egg, cheese or tuna
- ✓ coleslaws, tabouli, potato or Greek salads (with low fat dressings)
- ✓ reduced fat cheese and plain crackers (with no added sugar)
- ✓ plain popcorn
- ✓ small reduced fat plain or fruit yoghurt/frozen yoghurt

- ✓ rice cakes/corn cakes/crispbread with hummus, vegemite, mashed banana or reduced fat cheese
- ✓ fingers/triangles/sticks of pitta bread spread with grated vegetables mixed with plain reduced fat yoghurt
- ✓ fruit bun
- ✓ pikelets
- ✓ Star Choice® registered muesli bar (or its equivalent)
- ✓ trail mix nibbles

Hot snacks

- ✓ mini fruit/vegetable muffins
- ✓ raisin toast or English muffins spread lightly with polyunsaturated margarine
- ✓ soup with a bread roll
- ✓ 1/2 jaffle (with low fat cheese and tomato or baked beans)
- ✓ corn cob
- ✓ 1/2 boiled potato topped with grated reduced fat cheese
- ✓ home made garlic bread using a thin scrape of polyunsaturated margarine and crushed garlic spread
- ✓ small serves of pasta or rice salad
- ✓ mini pizzas using English muffins as the base
- ✓ reduced fat cheese melt
- ✓ reduced fat custard (or rice custard) served plain or with fruit
- ✓ crumpets (wholemeal) with low fat cream cheese, a scrape of polyunsaturated margarine with vegemite or baked beans

Drinks

- ✓ plain water
- ✓ reduced fat milk

