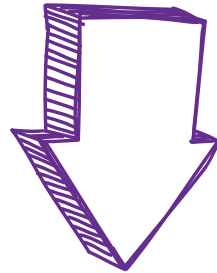


SWAP FROM SAVOURY SOMETIMES FOODS

SWAP FROM...

Chips / Crisps
Pretzels
Flavoured biscuits / crackers
(E.g. Shapes)
Coloured popcorn
Noodle snack



SWAP TO - PREPACKAGED OPTIONS

Popcorn (Sunbites, Coolpak, Coles, Snackers, Macro, Chazoos, Cobs)
Flavoured rice crackers (Sakata, Peckish thins, Damora, Sun rice, Wice)
Flavoured rice wheels (Damora, Healtheries)
Wholegrain brown rice mini bites (Sun Rice)
Flavoured faa-va beans (The Happy Snack Company)
Dry Roasted Chickpeas (The Happy Snack Company, Be Natural – Moroccan spice or sweet chilli)
Baked bean snap pot

SWAP TO - SOME PREPARATION REQUIRED

Microwave plain popcorn (Greens Lite popping corn)
Family pack flavoured/plain rice crackers (Damora, Sakata, Peckish thins, Sun Rice, supermarket brands)
Flavoured Corn thins or rice cakes (Real Foods, Sun Rice, Coles)
Decant bulk buy baked bean packs (Heinz, SPC)
Boiled egg

SWAP TO - HOMEMADE

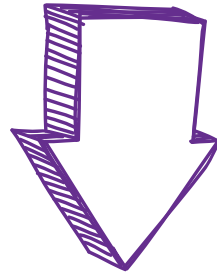
Home-popped pop-corn (Rivianna).
Put ¼ cup of kernals in a brown paper bag and fold the top over to seal.
Place in the microwave and cook until there is about a 2 second gap between pops.
Put the bag straight in the lunchbox!

Homemade roasted chick peas: rinse and drain a can of chick peas, place on oven tray with a sprinkle of Moroccan spices and roast for 45mins – voila!

SWAP FROM SAVOURY SOMETIMES FOODS

SWAP FROM...

Crackers and cheese
i.e. Le Snak



SWAP TO - PREPACKAGED OPTIONS

Mainland On The Go Tasty Light Cheese and Crackers (4 x 30g pack)

Sirena or John West Tuna & Cracker snack packs

Cheese alternatives:

Lite/fat reduced: Bega Cheese Slices, Country Light tasty, Lite babybell, The laughing cow Lite cheese wedges, Philadelphia Light Cream Cheese Snack tubs (4 x 40g)

Full fat: Cowbelle cheese stringers, The laughing cow cheese wedges, Bega cheese stringers, Dairylea cheese pods

Hummus dip mini tub (Coles, Chris's, Obela)

Cracker alternatives:

Crispbreads (Premium snack packs)

SWAP TO - SOME PREPARATION REQUIRED

Carrot sticks (or other vege) with hummus

(Black swan, Obela, Yumi, Willow Farm, Chris's Dips)

Rice crackers with sliced reduced fat cheese

Plain crackers with reduced fat cheese and vegemite

Cracker alternatives:

Crispbreads:

(Premium original crispbread, Cruskits, Ryvita)

Plain crackers (SAOs, saladas, vita-weat)

SWAP TO - HOMEMADE

Vege sticks and homemade hommus

Recipe: drain 1 x 400g tin chick peas and reserve the liquid. Combine chick peas with 1 tbsp tahini, 1 tbsp lemon juice, 1 tbsp olive oil, 2 cloves of garlic and 2 tbsp of the reserved liquid. Blend until smooth.

Rice crackers with homemade vegetable dip Recipe: grate ½ a cucumber and mix with 1 cup reduced fat natural/greek yoghurt. Add dill, lemon juice and season to taste.