# This week’s snack picks

Choose a few favourites. Add what your family needs.

## Ideas to tick or circle

- ☐ Apple + cheese
- ☐ Hummus + veg + pitta
- ☐ Pear + cereal
- ☐ Peach + cottage cheese
- ☐ Avocado on toast
- ☐ Small bowl of porridge
- ☐ Banana + plain yoghurt
- ☐ Egg + crackers
- ☐ Cucumber + soft cheese
- ☐ Tuna pitta pocket
- ☐ Cheese quesadilla
- ☐ Tomato pizza toast

## Our five-day plan

| Day | Snack | Get ready |
|---|---|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |

## Shopping / prep list

Check allergies and school food rules. Keep chilled foods cold. Adapt cuts and textures for younger children; skip whole nuts and popcorn under five. Babies under one do not need snacks.