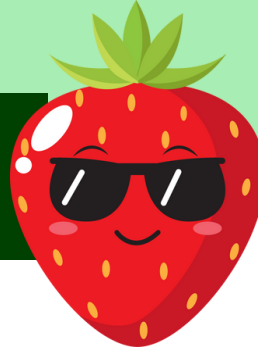


Fruity fun snacks



Fresh ideas

Fruit parfait

Chop fruit. Place in individual bowls on the table with yoghurt and muesli. Let children assemble their own snack as a Healthy Eating Learning Experience (HELE).

Fresh fruit platter

Jazz it up by using a cookie cutter to make different shapes (e.g. star, love heart). Serve with yoghurt or cheese.



Fruity cones

Chop fresh fruit and serve in plain cones.

Traffic lights

Let kids get hand on and help thread kiwifruit, watermelon and pineapple onto a paddle pop stick for a fun HELE.

Tropical smoothies

Mix fresh or frozen fruit in a blender with milk and yoghurt. Use seasonal fresh fruit or leftovers from the fridge or freezer.



Frozen delights

Banana pops

Thread peeled banana chunks onto ice block sticks, dip in yoghurt/custard and roll in oats/muesli. Serve fresh or frozen. Another HELE and great opportunity to get the kids involved.

Fruity icy poles

Blend or juice fruit individually and pour into separate jugs. Pour $\frac{1}{3}$ mix into mould or cup and freeze. Alternate layers with yoghurt or mix yoghurt and banana to increase dairy.



Illawarra Shoalhaven Local Health District, 2023.



Munch & Move

