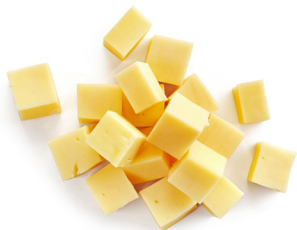


Packed with Goodness.

What does a healthy snack look like?

Reaching for healthy snacks has many benefits including managing portion size, reducing the amount of added sugars, saturated fats and salts, adding wholegrains, vegetables or fruits and saving money. Choose from the five food groups and encourage children to get involved in learning how to make healthy snacks too.



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