

Fresh snack

Make it a
fresh snack.

shopping list

Fresh snacks can help your kids grow up healthy and strong. Grab this list when you shop to fill up your fridge and pantry with fast fresh snack ingredients.

Pantry

- › Bread (wholemeal or grainy – sliced, mountain, pita)
- › Breakfast cereal
- › Raisin bread
- › Plain rice cakes*
- › Wholemeal pasta
- › Wholemeal flour
- › Popping corn**
- › Baked beans*
- › Corn kernels/creamed corn*
- › Tinned tuna*
- › Tomato paste and pasta sauce*
- › Tinned fruit in natural juice
- › Dried fruit
- › Unsalted seeds**

* Choose low, reduced salt or no added salt varieties.

** Some food items pose a greater choking risk to young children, and extra care should be taken with these foods.

Fridge

- › Vegies
- › Low-fat yoghurt
- › Low-fat dips
- › Milk#
- › Cottage cheese
- › Reduced-fat cheese and cream cheese
- › Eggs
- › Lean sliced ham* or chicken*
- › Skinless chicken drumsticks

full fat for under 2 year olds, reduced fat for 2-5 year olds, reduced fat or skim for over 5 year olds.

Fruit bowl / fridge

- › Apple
- › Banana
- › Kiwi fruit
- › Mandarin
- › Mango
- › Orange
- › Strawberry
- › Avocado

Buy what's in season – it costs less and you can freeze most fruits to use in smoothies.

Freezer

- › Bread rolls/ bread
- › English muffins
- › Frozen vegies
- › Frozen fruit
- › Homemade stewed fruit

Turn over for a
great fresh snack
recipe idea or visit
opal.sa.gov.au

The logo for Opal, featuring the word "Opal" in a white, rounded, sans-serif font with a blue outline, set against a colorful, abstract background of blue, purple, and yellow shapes.

Government
of South Australia

SA Health



Australian Government

Carrot, Zucchini and Date Cake



20 minutes plus 4 hours to stand,
preparation + 1 1/4 hours cooking
7 serves of vegies in this recipe
2 cups dates, pitted and chopped

1/2 cup bran cereal (e.g. Allbran®)
1/2 cup untoasted muesli
1 1/2 cups low-fat milk
1/2 cup brown sugar
1 teaspoon cinnamon
1/2 cup low-fat natural yoghurt
1 egg, beaten
1 cup zucchini, grated
1 cup carrot, grated
2 cups self-raising flour
1 cup wholemeal self-raising flour

Combine dates, bran cereal, muesli, milk, sugar and cinnamon and allow to stand for 4 hours or overnight. Preheat oven to 180 °C. Line a 23cm square cake tin. Add yoghurt, egg, zucchini and carrot to the date mixture and mix well. Add flour and combine. Pour mixture into tin and bake for 1-1 1/4 hours until firm and browned. Cool on a wire rack. Serves 12.

Hint.

This cake can be frozen. Individually wrap slices for a healthy lunch box treat.

For more recipes visit the Go for 2&5® website at www.gofor2and5.com.au



Go for 2&5
FRUIT VEG

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