



QUICK FUEL FIRE STARTERS

Sometimes we just need a bit of inspiration or idea starters on what we would like to eat. Here, we have some quick snack ideas that will fuel your body.

***Tick the foods you'd like to have and give to your Carer,
Mum or Dad to take to the supermarket.***

- ☐ Peanut butter and apple slices on rice cakes
- ☐ Cheese and tomato toasted sandwich
- ☐ Yoghurt and toppings of your choice
- ☐ Smashed Avocado on Toast
Tip: We like to mix avocado with salt, pepper, lime juice
- ☐ Cheese, crackers and dip
- ☐ Muesli bar and a piece of fruit
- ☐ Hummus and homemade pita chips
- ☐ Hot or Cold Milo
- ☐ Fruit Smoothie (experiment with your favourite fruits!)
- ☐ Make your own trail mix with your favourite nuts, dried fruit and chocolate
- ☐ Banana, Honey and Peanut Butter on Toast
- ☐ Tuna, cheese and crackers
- ☐ Sushi
- ☐ Capsicum sticks and guacamole
- ☐ Baked Beans on Toast