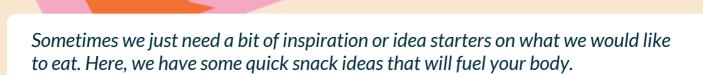
## QUICK FUEL FIRE STARTERS



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**