# SWAP IT SAVOURY

# Snacks that require no preparation

Looking for some savoury everyday snack ideas that require no preparation? See below for some easy everyday snacks.















Mini cheese snacks

Mini rice cakes

vegetable

Pre-cut sticks

## Air-popped popcorn

Tin baked beans

cheese and rice crackers

Reduced fat

Roasted fava beans

# **DIPS**:

- Beetroot tzatziki
- Hummus
- Tzatziki

# **NUTS\* / LEGUMES / BEANS:**

- Roasted chickpeas (lightly salted)
- Roasted beans
- Air puffed /roasted fava beans
- Roasted corn kernels
- Baked beans mini cans

# **TUNA:**

Small cans tuna (95g)

# **SWAP FROM**





**Mini Rice Cakes** 

**VEGETABLES:** 

• Store bought pre-cut carrot and celery sticks

# **POPCORN:**

Plain air-popped popcorn (lightly salted)

# SAVOURY BISCUITS/CRACKERS:

- Mini rice cakes, rice wheels
- Plain rice cracker snacks

# **REDUCED FAT CHEESE:**

- Mini cheese snacks
- Cheese stringers
- Cream cheese
- Cheese sticks/cubes

# **REDUCED FAT CHEESE AND BISCUITS:**

- Cheese and rice crackers
- On the go cheese and crackers
- Cheese and water crackers



Artwork: "The heart of a child" by Lara Went, Worimi Artist



\* Before packing nuts, remember to check your school's policy as many schools have a 'nut-free policy'.



# SWAP IT SAVOURY

# A little preparation

Looking for some savoury everyday snack ideas that require a little preparation? See our list below.















Carrot chunks

Capsicum sticks

Reduced fat cheese cubes

Wholegrain crispbread

Baked beans tin

Hummus dip

### Rice cakes

# **VEGETABLES:**

Buy snack size vegetables or chop vegetables and store in small containers.

- Baby cucumbers, cherry tomatoes •
- Vegetable sticks e.g. carrots, capsicum, cucumber

# **CRISPBREADS:**

Buy large packets and repackage into smaller containers.

- Corn thins
- **Rice cakes**
- Crispbreads
- Rice crackers •
- Water crackers

# **DIPS**:

Buy large tubs of dip and repackage into smaller containers, e.g. Hummus, Tzatziki, Beetroot hummus, Guacamole

# **POPCORN:**

• Buy large packets of air-popped popcorn and repackage into smaller containers.

# CHEESE:

 Buy large blocks of reduced fat cheese and cut into cubes or slices ready for the lunchbox. Pair with plain rice crackers.

# NUTS\* / LEGUMES / BEANS:

Buy large cans or packets and repackage into smaller containers, e.g. baked beans

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**SWAP FROM** 

**Pre-packaged crackers** 

and cheese

# SWAP TO



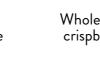


Carrot sticks and hummus





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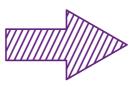
# Homemade everyday snacks

Looking for some homemade savoury everyday snack ideas?

**SWAP FROM** 

**SWAP TO** 







Potato chips

Steamed Corn on the cob

# See below for some easy homemade everyday snacks.

Avocado and Broadbean Dip Chicken and Vegetable Skewers Corn Fritters Fried Rice Salad Hummus Lunchbox Rainbow Noodles Microwave Popcorn Minestrone Soup Pasta Salad Pasta with Broccoli Pesto

Pumpkin Soup

Rainbow Veggie Kebabs

Rice Paper Rolls

Salmon Patties

Savoury Zucchini Pancakes

<u>Sweet Potato Wedges</u>

Vegetable Pasta Sauce

Zucchini Slice

# To view more recipes ideas, visit <u>www.swapit.net.au/recipes</u>



