

Easy snacks.

The following snack ideas are quick and easy to prepare. It's a good idea to have some of these foods in the cupboard or freezer for times when you don't feel like shopping or cooking. These foods are high in energy and/or protein.

Some of the foods in this list are not usually considered healthy because they are high in added sugar, saturated fat or salt. Usually you will only be having these for a short amount of time so it's not a problem. Speak to your doctor or dietitian if you're worried.

Hot snacks



Oven chips



Baked beans



Chicken or fish
nuggets



Packet pasta



Soup



Two-minute
noodles



Toasted
sandwich



Scrambled
eggs



Spring rolls



Dumplings



Party pies,
sausage rolls,
pastizzi

Cold snacks



Tuna and mayo
on crackers



Breads and
spreads



Dips and
vegies



Nuts

Sweet snacks



Porridge or
muesli



Rice pudding



Custard or
ice cream



Dried fruit



Fruit toast with butter
or cream cheese



Banana bread



Fruit salad and
yoghurt or ice cream