

Good Value Snacks for Kids

Ages 3–5



Healthy Options for \$1 to \$2 a serve

Some snacks may contain food allergens, discuss with your Early Childhood Education and Care Service for more information.



Cooked vegetable chunks



Edamame beans



Cereal with or without milk



Boiled egg



Leftover pasta



Yoghurt



Canned or fresh vegetables



Fruit bread



Cheese and tomato crackers



Fruit: canned, fresh, frozen



Cooked corn



Plain milk



Vegetable slice or muffin *



Home-made meatballs *



Vegetable dip *
(Beetroot, hummus, tzatziki)



Wraps or sandwiches

*See over page for recipes



*Recipe from Quick Meals
for Kooris at home*

Vegetable slice or muffin

Ingredients

1 onion or 1 shallot, finely chopped
2 carrots, grated
2 medium or 1 large zucchini, grated
1 capsicum, chopped finely (or canned)
1 cup corn kernels, frozen or canned
½ cup chopped green beans or peas
1 cup grated cheese
2 cups self-raising flour
6 eggs
½ cup milk

Method

1. Beat eggs and milk together then mix all other ingredients.
2. Pour mixture into a greased baking dish or muffin tins.
3. Bake in a moderate oven (about 180°C) for about 30 minutes or until firm. Muffins will take about 15 minutes depending on the size.



Recipe from Patch to Plate

Beetroot Hummus

Ingredients

2 teaspoons ground cumin
2 tins chickpeas, drained
500g cooked beetroot
½ teaspoon black pepper
¼ cup olive oil
2 cloves garlic, crushed
Juice of 1 lemon
Parsley for garnish (if available)

Method

1. Add chickpeas and cumin to food processor. Season with pepper.
2. Process for 30 seconds and add beetroot. Process again.
3. Add olive oil, garlic and lemon.
4. Blend to make soft puree.
5. Spoon into serving dish, add parsley to garnish and serve with veggie sticks.



*Recipe adapted from
Back to Basics – tips to help
you feed the family for less*

Home-made Meatballs

Ingredients

500g lean pork, beef or chicken mince
1 onion, chopped
1 egg, beaten
2 cloves of garlic, chopped finely or
1 tsp garlic powder
1 apple, grated (optional)
½ cup breadcrumbs or rolled oats
1 tablespoon oil

Method

1. Mix all the ingredients together (except oil).
2. Make meatballs using about 1 tablespoon of mixture for each meatball (makes about 16), roll into a small ball.
3. Heat oil in a frypan over a medium heat. Add meatballs and cook, constantly rotating the balls in the pan until golden and cooked through.



Vegetable slice or muffin



Meatballs



Vegetable dip



Wrap and sandwich ideas

Ask your health professional to help you access the recipes via QR Code if needed.