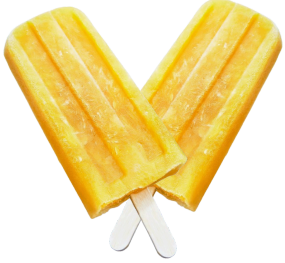
Good for kids
good for life

Summertime Snacks

Healthy, refreshing, and easy snacks are perfect for keeping kids energised during summer play.

Why not try these tasty summertime snack ideas:

- Make fruit skewers from slices of watermelon, berries, grapes, and pineapple
- Freeze grapes or mango for an easy grab-and-go snack
- Blend yogurt with fresh fruit and freeze in moulds to make smoothie popsicles
- Freeze plain milk poppers or reduced fat yoghurt pouches
- Add frozen berries to reduced fat yoghurt
- Veggie sticks with hummus
- Water with fresh frozen berries or lemon
- Frozen fresh juice ice blocks or cups
- Smoothies made from frozen fruit and milk



NSW GOVERNMENT
Hunter New England
Local Health District

@ HNELHD-GoodForKids@health.nsw.gov.au
https://goodforkids.nsw.gov.au

Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.