



# Children's Community Dental Clinic

Free for children 0-17 years

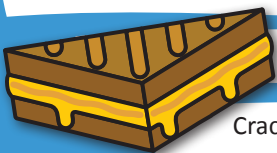
## Smart snacks

Fresh fruit, fruit salad or fruit kebabs

Roast vegetables (e.g. kumara, carrot, etc.)

Raw vegetables e.g. carrot, cucumber, capsicum, tomato, broccoli, celery. Try dipping in hummus, cottage cheese, nut butter, etc.

Savoury sandwiches with roast beef, chicken, tuna, egg, cheese, hummus, avocado, etc. Try different types of bread



Mousetraps or melted cheese on bread

Crackers, rice crackers or rice cakes

Crispbread

Tortilla chips (baked, not fried)

Nuts and seeds

Savoury muffins or scones

Toast

Noodles

Plain popcorn

Unsweetened cereal and milk e.g. weetbix, porridge

Dairy products e.g. milk, cheese, yoghurt



**Eat  
snacks  
with no  
added  
sugar**



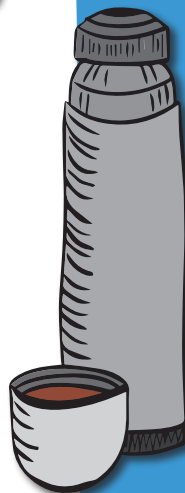
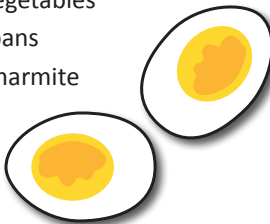


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## Lunchbox ideas

- Vegetable patties such as corn
- Crumpets or English muffins
- Pizza made on small pita bread
- Bread cases with savoury filling
- Vita wheat crackers with peanut butter or vegemite/marmite
- Leftover sliced beef, mashed potato & onion made into patties
- Brown rice salad with celery, nuts, grated carrot
- Mini meat balls with small container of pasta sauce
- Cold cooked corn on the cob in small bite sized chunks
- Jaffles – toasted sandwiches made with grain bread eaten cold e.g. cheese & pineapple/tomato, apple & cinnamon
- Leftover fried rice, pasta or roast vegetables
- Quiche or frittata baked in muffin pans
- Mousetraps – melted cheese and marmite
- Hardboiled egg
- Sushi
- Soup in thermos



**Young children generally like plain and simple sandwich fillings but here are some ideas you could try:**

- Cold cooked meats
- Peanut butter or marmite
- Roast chicken & coleslaw roll
- Creamed corn & grated cheese
- Ploughmans lunch: thick slices bread, cheese & tomatoes
- Cucumber or carrot with low fat cream cheese
- Hard boiled egg or tuna mashed with mayonnaise
- Pitabread filled with mini meatballs, lettuce & pasta sauce
- Banana sandwiches (child could wrap fruit in bread themselves)
- Avocado

