



Healthy snacks

shopping list

Pantry items

- Multigrain crackers
- Puffed grain crackers (e.g. corn thins)
- Unsalted mixed nuts or trail mix
- Canned tuna (in springwater)
- Peanut butter / almond butter / nut spread
- Rolled oats
- Dried apple slices
- Lightly salted popcorn
- Tinned fruit (in natural juice)

Fridge/freezer items

- Low fat plain Greek yoghurt
- Veggie based dip (e.g. hummus, tzatziki, beetroot hummus, guacamole, salsa)
- Frozen berries
- Reduced fat cheddar cheese / cottage cheese

Fresh produce

- Avocado
- Carrots
- Cherry tomatoes
- Capsicum
- Lebanese cucumber or mini cucumbers
- Apples, pears and/or bananas

