

littlies snack ideas for 2-5-year-olds

GRAPES
(SEEDED & HALVED)



MINI SANDWICHES



PEACHES



PINEAPPLE



PITA BREAD & HUMMUS



CUCUMBER



PIKELETS



YOGHURT



STRAWBERRIES



RAISIN BREAD



BLUEBERRIES



Teach littlies to sit down while eating snacks too.
Cut foods into small, easily chewed finger food for littlies.

SCONE



CELERY



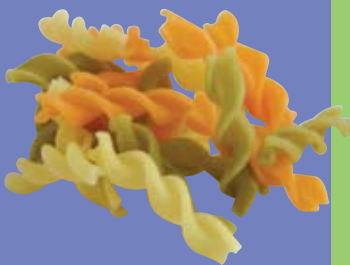
SLICED MEAT



CORN THIN



COOKED PASTA



Go for a variety of foods from day to day and week to week.
Three meals and at least two snacks will be needed each day.

WEETBIX WITH SPREAD



PEAR



CREAMED RICE



BETROOT



COOKED CARROT



MINI MUFFINS



RICE CRACKERS



RASPBERRIES



PEAS



CRISPBREAD WITH SPREAD



KIWIFRUIT



CHEESE



Children need at least 1 litre of fluid each day.

Limit milk consumption to no more than 500ml per day.

BANANA



MOUSETRAPS



MANDARINS & ORANGES



CRUMPETS



DRIED FRUIT



CHERRY TOMATOES



PLAIN BISCUITS



BOILED EGG



PLAIN POPCORN



Rub peeled apple with a few drops of lemon to prevent browning. As well as fresh, you can also use canned or stewed fruit.

APPLE



MINI CORN COBS



WATERMELON



CORN FRITTERS



AVOCADO



PLUMS



CRACKERS

