The simplest way

...to make a healthy after-school snack.

Most kids are starving as they walk through the door – and reach for processed or packaged snacks for a quick hunger fix. Get them to head to the fruit bowl, or vegie box in the fridge, instead...it’s healthier, and will leave them fuller for longer. Try:

- Asking your kids to pick a vegetable and fruit, and cut both into smaller pieces
- Adding a vegie dip to keep it interesting
- Making a fruit salad
- Adding a reduced-fat yoghurt and a sprinkle of muesli
- Visit our website for great muffin recipes

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.