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Erasmus+

HEALTHY SNACKS



snack combos

Pick one from each column

Wholegrain bread or toast	Dip / hummus	Grapes
Wholegrain pitta	Cold meat	Sliced Apple
Wholegrain Crackers	Cheese	Veggie sticks
Half a bagel	Mashed Banana	Berries
	Avocado	Cherry Tomatoes
	Scrambled Egg	
	Peanut Butter	

