

SWAP IT SAVOURY

Snacks that require no preparation

Looking for some savoury everyday snack ideas that require no preparation?
See below for some easy everyday snacks.



Mini rice cakes



Pre-cut vegetable sticks



Air-popped popcorn



Tin baked beans



Reduced fat cheese and rice crackers



Roasted fava beans



Mini cheese snacks

VEGETABLES:

- Store bought pre-cut carrot and celery sticks

POPCORN:

- Plain air-popped popcorn (lightly salted)

SAVOURY BISCUITS/CRACKERS:

- Mini rice cakes, rice wheels
- Plain rice cracker snacks

REDUCED FAT CHEESE:

- Mini cheese snacks
- Cheese stringers
- Cream cheese
- Cheese sticks/cubes

REDUCED FAT CHEESE AND BISCUITS:

- Cheese and rice crackers
- On the go cheese and crackers
- Cheese and water crackers

DIPS:

- Beetroot tzatziki
- Hummus
- Tzatziki

NUTS* / LEGUMES / BEANS:

- Roasted chickpeas (lightly salted)
- Roasted beans
- Air puffed /roasted fava beans
- Roasted corn kernels
- Baked beans mini cans

TUNA:

- Small cans tuna (95g)

SWAP FROM



Savoury Bisuits



SWAP TO



Mini Rice Cakes

* Before packing nuts, remember to check your school's policy as many schools have a 'nut-free policy'.



SWAP IT SAVOURY

A little preparation

Looking for some savoury everyday snack ideas that require a little preparation?
See our list below.



Carrot chunks



Capsicum sticks



Reduced fat cheese cubes



Wholegrain crispbread



Baked beans tin



Hummus dip



Rice cakes

VEGETABLES:

Buy snack size vegetables or chop vegetables and store in small containers.

- Baby cucumbers, cherry tomatoes
- Vegetable sticks e.g. carrots, capsicum, cucumber

CRISPBREADS:

Buy large packets and repackage into smaller containers.

- Corn thins
- Rice cakes
- Crispbreads
- Rice crackers
- Water crackers

DIPS:

Buy large tubs of dip and repackage into smaller containers, e.g. Hummus, Tzatziki, Beetroot hummus, Guacamole

POPCORN:

- Buy large packets of air-popped popcorn and repackage into smaller containers.

CHEESE:

- Buy large blocks of reduced fat cheese and cut into cubes or slices ready for the lunchbox. Pair with plain rice crackers.

NUTS* / LEGUMES / BEANS:

Buy large cans or packets and repackage into smaller containers, e.g. baked beans

* Before packing nuts, remember to check your school's policy as many schools have a 'nut-free policy'.

SWAP FROM



Pre-packaged crackers and cheese



SWAP TO



Carrot sticks and hummus



SWAP IT SAVOURY

Homemade everyday snacks

Looking for some homemade savoury everyday snack ideas?

SWAP FROM



Potato chips



SWAP TO



Steamed Corn
on the cob

See below for some easy homemade everyday snacks.

Avocado and Broadbean Dip

Chicken and Vegetable Skewers

Corn Fritters

Fried Rice Salad

Hummus

Lunchbox Rainbow Noodles

Microwave Popcorn

Minestrone Soup

Pasta Salad

Pasta with Broccoli Pesto

Pumpkin Soup

Rainbow Veggie Kebabs

Rice Paper Rolls

Salmon Patties

Savoury Zucchini Pancakes

Sweet Potato Wedges

Vegetable Pasta Sauce

Zucchini Slice

To view more recipes ideas, visit www.swapit.net.au/recipes

