

# Nutrition Snippet

## SNACK ATTACK.

Kids on average eat 4 snacks a day.

Don't let biscuits and chips be 'go to snacks'.



Try these healthy snacks instead:

- [Apple & date bliss balls](#)
- [Poppletana](#)
- [Tomato & cheese damper](#)

For more healthy snack swaps visit:  
[healthylunchbox.com.au](https://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box