

# **Nutrition Snippet**

## SNACK SOLUTIONS



**On average children eat 2-3 snacks every day so it's important to make them as healthy as possible.**

**Here's your guide to snacks that will power their brains and fuel their muscles throughout the day: [Back-To-School Snack Solutions](#)**

For more tips and ideas visit:  
**[healthylunchbox.com.au](http://healthylunchbox.com.au)**



**Cancer Council**  
Healthy Lunch Box