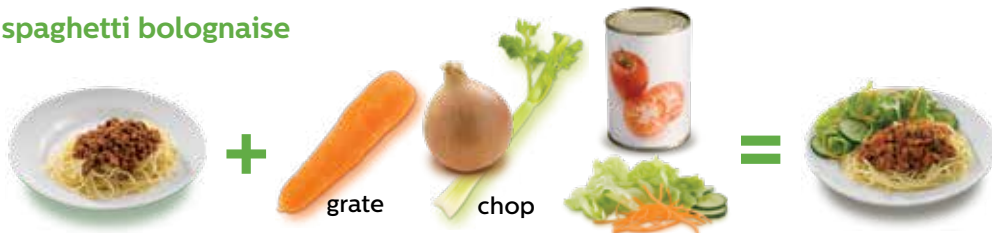


# Easy ways to eat more veges

Everyday –  
canned, fresh  
or frozen

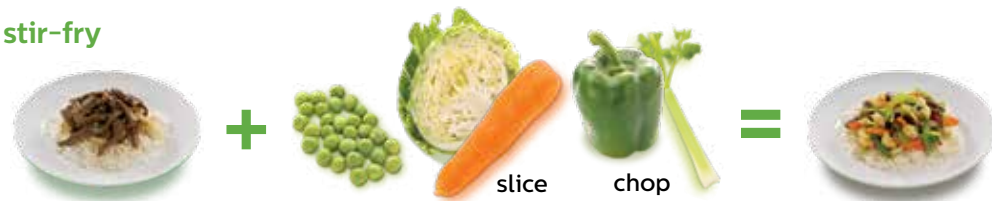
## spaghetti bolognese



## home-made pizza



## stir-fry



## boil-up



# Tasty Snacks

The best snacks are the ones you prepare yourself

## Grab and go:



cheese & crackers



piece of fruit



yoghurt



vegetable sticks



corn on the cob



home-made popcorn



hard-boiled egg



left-over cooked kūmara or taro

## Quick and easy ideas:



muffin split or bread



tomato



mushrooms



cheese



Mini pizza



celery sticks



peanut butter or cottage cheese



raisins



puffed rice



Crowded Canoes

For more ideas go to [healthykids.org.nz](http://healthykids.org.nz)