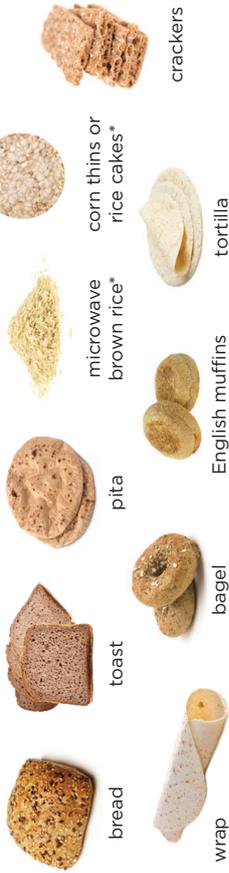


# MIX & MATCH: HEALTHY MEAL AND SNACK IDEAS

These simple ideas can be made by using everyday kitchen appliances (eg. toaster, fridge or microwave).  
Using the steps below, mix and match foods to create exciting and affordable meals and snacks.

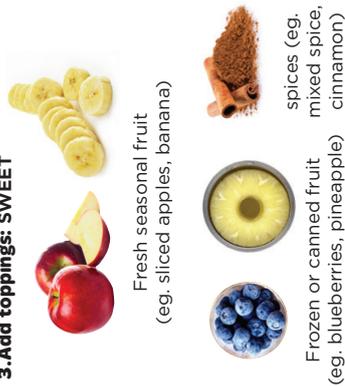
## 1. Start with a whole grain or wholemeal base:



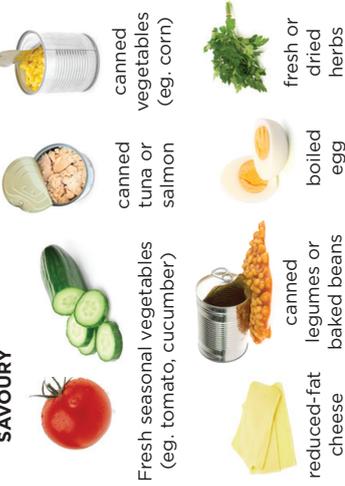
## 2. Choose a spread:



## 3. Add toppings: SWEET



## SAVOURY



## MIX AND MATCH!



Toast, peanut butter & banana



Bagel, avocado & tomato



Tuna, corn & salad sandwich



Baked beans & tomato on toast



Munch and crunch platter with pita bread, dip & vegetable pieces



Corn thins, cottage cheese, chopped fruit & nuts



Egg, lettuce, hummus wrap



Brown rice, boiled egg, tuna & vegetables



Pita with hummus & salad

Children can choke on food at any age but the risk is higher in children under 5 years. Refer to the Ministry of Health Guidelines to find out more. Search 'Food and Choking' at [health.govt.nz](http://health.govt.nz)