

Easy Snacks for Break Time

In line with our Healthy Meals in School Programme (HMSP), we would like to refresh parents with an infographic on some simple and easy-to-prepare snacks. These snacks can be prepared for consumption during break-time in the classrooms. Even better, you can engage your child's help when preparing these snacks for some healthy parent-child bonding time.



SNACKS FOR BREAK TIME

The following examples are snacks for students that are easy to prepare and pack for consumption during class breaks.

WHOLEMEAL SANDWICHES

- *Peanut Butter & Jam
- Cucumber and Tomato
- *Grilled Cheese
(wrapped in aluminium foil to retain freshness)



PIZZA

- Wholemeal bread pizza with vegetable toppings
(wrapped in aluminium foil to retain freshness)



VEGETABLES

- Carrot or cucumber sticks with chickpea dip
(mashed chickpea with HCS orange juice)
- Boiled broccoli with cute toppers



FRUIT & NUTS

- Fresh fruit kebab
- Almonds added to plain cereal for a higher fibre snack or plain nuts



WHOLEMEAL WRAPS

- Homemade popiah filled with vegetables (toasted)
- Vietnamese rolls
- Slice into triangles and toasted to make "chips"
(store in air-tight bag/ container to maintain crisp)



WHOLEMEAL PANCAKES, MUFFIN & CAKES


- Banana Pancakes
- Homemade with reduced sugar



POPCORN/ CRACKERS

- Homemade without additional toppings like salt, butter
- Wholegrain or HCS variety



*where possible, choose the Healthier Choice Symbol (HCS)  or lower fat/lower sugar options