

## **SNACK IDEAS FOR PACIFIC TODDLERS** 1-2 YEARS

You can start to offer your toddler snacks in between meals. Think of snacks as 'mini meals', with at least two food groups, to keep them full.



Stuffed egg with grated carrot and cheese



Chicken with taro in coconut milk



Mashed pea and avocado on rice cake



Scrambled eggs with spinach and steamed carrot



Pancakes with yoghurt and grated apple



Cheesy grilled broccoli and cauliflower



Peanut butter and banana on crispbread cracker



Tuna and mayo, on crackers with sliced orange



Egg and beetroot wrap



Crackers with hummus



Banana topped with peanut butter and coconut



Yeast spread and cheese toastie with cucumber



Yoghurt with kiwifruit



Tuna and cucumber sandwich



Low salt/sugar baked bean grilled cheese toast



Cow's milk with toast

You can now offer whole fat cow's milk (dark blue label) as a drink.



Created by The Cause Collective in consultation with the Pacific community. **Te Kāwanatanga o Aotearoa** New Zealand Government Health New Zealand Te Whatu Ora This resource is available from healthed.govt.nz or your local Authorised Provider. May 2024. **Code HE2662** 

