Easy ways to eat more veges

Everyday - canned, fresh or frozen

**spaghetti bolognese**
- +
- grate
- chop

**home-made pizza**
- +
- slice
- chop

**stir-fry**
- +
- slice
- chop

**boil-up**
- +
- rub
- chop

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My Family Food
Easy, fast and affordable food ideas
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

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