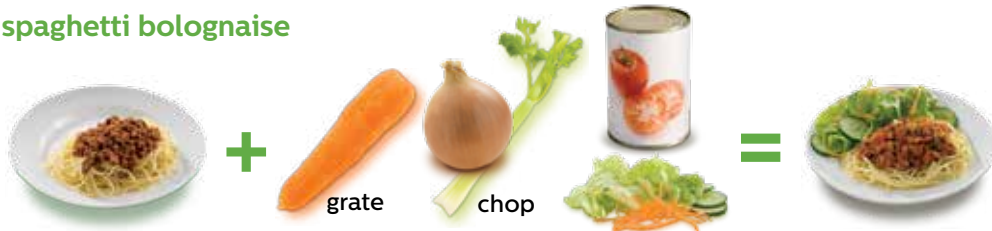


Easy ways to eat more veges

Everyday –
canned, fresh
or frozen

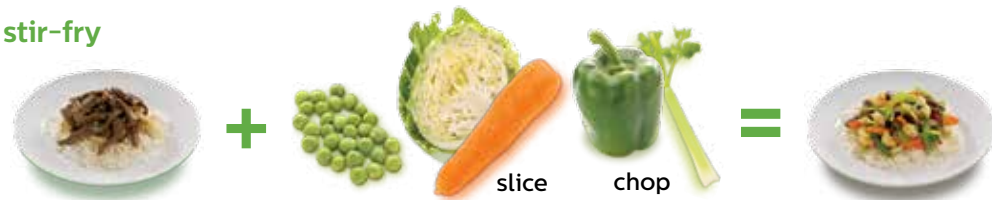
spaghetti bolognaise



home-made pizza



stir-fry



boil-up



For more ideas go to
myfamily.kiwi



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 kumara 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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health promotion
agency