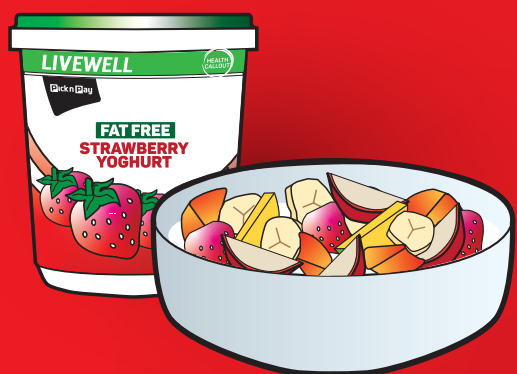


Choose well to live well!

PLAN A HEALTHY SNACK!



Healthy snacks can help you stay focused at school and on homework.
Making healthy choices will give you energy and other goodness,
as well as keep you from feeling too hungry.



Yoghurt and fruit

Yoghurt is full of
body-building protein
and calcium which can
make your bones strong.
The vitamins in fruit
can protect you from
getting sick.



Popcorn

Popcorn isn't a junk food
– it's a Go Food that gives
you energy and it
contains fibre that can
make you feel full.
Popcorn popped at home
is better for you – but be
careful not to add too
much salt and sugar.

Fruit smoothies are a
delicious way to pack
goodness into a small
drink. Get creative and
add some vegetables,
such as spinach leaves
and carrots.



Fruit smoothies

Peanuts are a Grow Food
which have lots of fibre
and healthy fats, while
raisins are a delicious
naturally sweet treat.

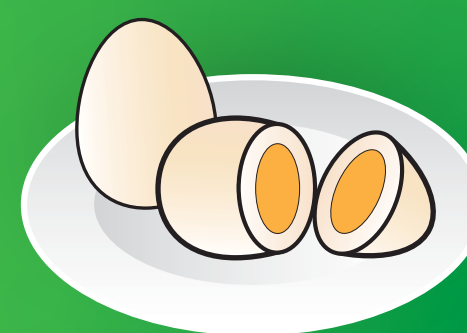


Peanuts and raisins



Dried fruit

Dried fruit is nature's way
of spoiling us with a
high-fibre food that is
naturally sweet.



Hard-boiled egg

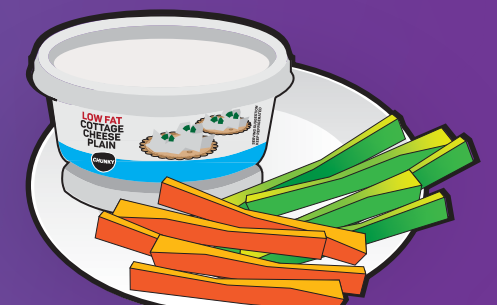
Have a hard-boiled egg
on its own or mash it on
to a slice of toast.
Eggs are Grow Foods
which can help build our
body's bones, teeth
and muscles.

Apples are Glow Foods
which can help
our immune system
stay strong.
Peanut butter is a
delicious Grow Food –
have it as a spread on
toast and crackers too.



Apple and peanut butter

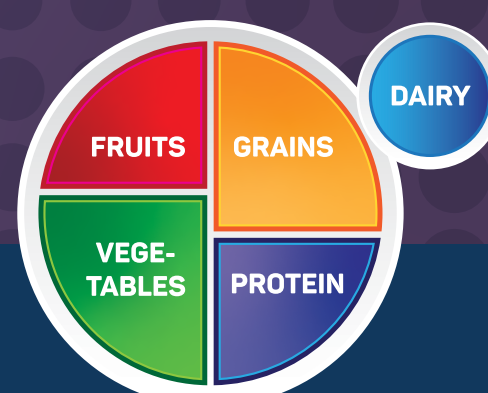
Cottage cheese is a
Grow Food which can help
your body grow bigger and
stronger. Vegetables are
Glow Foods which help
keep your skin, hair and
eyes glowing and healthy.



Cottage cheese
and veggie sticks



EXCLUSIVE TO **Pick n Pay**



PLAN YOUR PLATE

Pick n Pay 
School Club