

Looking for healthy after-school snack ideas?



Beezee
FAMILIES

We've got you covered!

Our free, Beezee Families healthy lifestyle programme can help your family make healthy habits.

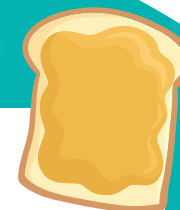


Tuck into these healthy snacks:



- Two wholegrain crackers and tzatsiki
- Rice cakes or corn cakes
- Two crackers with a spread of low-fat cream cheese and cherry tomatoes
- Plain or Greek yoghurt and fruit
- 150ml homemade fruit smoothie
- Vegetable sticks (carrot/pepper/cucumber) with hummus
- Fruit kebabs

- Wholegrain toast with a thin layer of peanut butter
- Breadsticks
- Handful of dried fruit
- Dried apple slices (slice into 1/4 inch circles, bake at 200 degrees until dry)
- Handful of homemade popcorn
- Homemade fruit ice lollies
- Apple slices with peanut butter.



Want more healthy lifestyle support?

Check out our website to find out how we can help your family.*

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or

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