Got fussy eaters?
Try this

> Be patient it can take at least so tries before kids will try a new food, so don’t give up in the first few days.
> Heap on the praise – let them know you’re happy when they try new foods.
> Be a role model – make it a fresh snack for yourself, eat with your kids and benefit from a fresh way of eating.
> You choose the foods and the amount to serve, but let your kids choose how much of it they want to eat.
> Have a set time for a healthy snack between the three main meals, this prevents ‘grazing’ and encourages better eating at meal times.
> Teenagers can help themselves – so stock the pantry and fridge with lots of fresh, tasty nutritious foods for them to eat.

What is OPAL?
OPAL is a program that’s about everyone in your community working together to create all kinds of ways to eat well and have fun being active.

The way OPAL comes to life in each community will depend on your input and enthusiasm. New information about healthy eating and physical activity will regularly be provided to help you make healthy choices in your life. Your council will also be supporting you by coordinating activities and making changes to local services to make sure healthy choices are easy for you and your family.

Healthy kids and snacks

Did you know that a small snack between meals can assist your children to grow up strong and healthy.

If you do serve snacks, choose ones that are packed with lots of vitamins and minerals, calcium, iron and fibre.

These are found naturally in fresh vegetables and fruit; reduced-fat dairy products; wholemeal or wholegrain bread, pasta and cereals; proteins like meat, fish, chicken, nuts, eggs and beans; and in the good fats found in avocados and some vegetable oils.

It’s best to limit foods you find in packets or boxes. When packaged food is prepared or processed, things like salt, sugar, fat, preservatives and colours are usually added. And the good bits like fibre and vitamins are often reduced.

To find out more and be involved, visit opal.sa.gov.au or call your OPAL Local Council Team:

District Council of the Copper Coast:  8821 4986
City of Charles Sturt:     8408 1132
City of Marion:         8375 6704
City of Mount Gambier:   8721 2588
City of Onkaparinga:    8301 7250
City of Playford:        8256 0226
City of Port Adelaide Enfield:  8406 6876
City of Port Augusta:    8641 9104
City of Salisbury:      8406 8294
City of Whyalla:         8644 0785
Make it fresh

There’s a great, easier way to choose the best snacks for your kids.

When you shop, think fresh and unpackaged.

That’s fruit and vegetables, meat, fish, dairy products and bread.

Unpackaged means less packaging and that usually means less added salt, sugar and fat.

These types of snacks have the vitamins, minerals, calcium, iron and fibre kids need.

You can find out more about these foods at opal.sa.gov.au

Make it easier for you too.

If the pantry is stocked with great tasting fresh food it is quicker and cheaper to make a snack at home than buy it on the run.

It’s really easy to pack some fruit for school recess. Want a thickshake? How about making your own with frozen fruit and reduced fat milk. Or make a pizza in the oven or microwave using English muffins, tomato paste and your kids’ favourite toppings.

Keep it fresh and choose a selection of fruits, vegies, dairy, bread and protein to give your kids the energy they need to grow, play and learn.

Try these ideas for easy snacks at home:

- frozen or tinned fruit served on top of yoghurt
- vegie boats like celery and capsicum filled with cottage cheese or reduced fat cream cheese
- easy salad with cucumber and carrot ‘ribbons’ made using a vegie peeler. Serve with pieces of reduced fat cheese
- super smoothie made from reduced-fat milk and soft fruit
- slices of reduced fat cheese topped with thin pieces of apple
- slice of fruit bread or raisin toast cut into fingers
- boiled egg, peeled and sliced ready to eat
- slice of lean turkey topped with thin slices of apple or pear. Roll up and secure with toothpick
- for children under 2 years of age always use full cream milk and for those over 2 years swap to reduced-fat milk.

Quick & easy lunchbox snacks

There never seems to be enough time in the morning before kindy or school, so try these quick and easy ideas:

- simple fruit salad with chopped fresh fruit added to tinned fruit in natural juice
- nibble mix of dried fruits and seeds (for school-aged kids)
- crunchy vegie sticks like carrot and cucumber (for school-aged kids). Pack with a small tub of reduced fat dips like hummus, tzatziki or mild salsa
- plain popcorn packed in a snap lock bag (for school-age kids)
- cooked mini cob of corn
- tub of reduced-fat yoghurt – these can also be frozen
- for younger children, cut reduced fat cheese into shapes using small cookie cutters. Pop into a container with grainy or wholemeal crackers
- pikelets made from ½ wholemeal, ½ white flour
- sweet mini-muffins - just add berries or other fruit to a plain muffin mix
- skinless chicken drumstick (for school-aged kids)

Tip: When snacks are packed to go, keep them cool and fresh with an ice brick or frozen water bottle in the lunchbox too.

Save money and keep the kids happy

If you think fresh when choosing snacks, you can spend less money.

Although processed and takeaway foods might seem like good value, most of them don’t fill you up for long. With less fibre to help kids feel full and more sugar, fat and salt, processed food can make kids feel hungry again really quickly. No matter how much they eat, they never feel satisfied.

So, you can actually save money by buying fresh foods and making your own snacks to eat at home or when you’re out.

Homemade popcorn
$3.25/kg vs Potato chips
$28.67/kg

Fresh apples
$4.48/kg vs Dried fruit straps
$62.45/kg

Wholegrain crackers with sliced cheese
$12.50/kg vs Pre-packed crackers and dip
$34.77/kg