

Fruit is the ideal healthy snack for students. It tastes delicious, has no added sugar and is high in fibre and vitamins.



Colourful fresh fruit can be sold in creative ways, making it fun to eat. If not sold by the end of the day, fruit can be used in baked recipes (such as muffins) or served frozen the next day.

Fresh ideas

Fruit smoothies

Mix fresh or frozen fruit in a blender with milk and yoghurt. You can use any fresh seasonal fruit or leftover fruit from the fridge or freezer.

Traffic Lights

Thread a selection of cubed fruits such as kiwi fruit, honeydew melon, pineapple, banana, strawberries or watermelon onto an icy pole stick or a kebab skewer.

Banana Bubbles

Peel bananas, cut into small pieces and thread on an icy pole stick, dip in reduced fat yoghurt and roll in rice bubbles. Serve fresh.

Strawberry Alohás

Thread hulled strawberries onto paddle pop sticks and serve fresh or frozen.

Traffic Light Bags

Serve watermelon, honeydew and rockmelon balls in small zip lock bags.

Fruity Cones

Cut up fresh fruit in a variety of colours. Drain and place in ice cream cones. Serve immediately to stop the cones going soggy.

Fruit salad

Mix brightly coloured fruit in plastic bowls. Freeze any leftovers and serve as a delicious frozen snack on a warm day.

Warm delights

Fruity crumble

Use your choice of fruit to make a healthy crumble.

Stewed fruit

Try apples, peaches, pears and apricots served with custard or yoghurt.



Frozen treats

Iced fruit delights

Place sliced banana, pineapple and strawberries in a small plastic cup and cover with 100% fruit juice. Place paddle pop sticks in the middle of each cup and freeze to make icy poles.

Fruit slushies

Make a cool treat by blending fruit with ice and a little water.

Frozen fruit cubes

Chop fresh fruit (e.g. peeled orange or mandarin segments, grapes, bananas), wrap in plastic wrap, then freeze and serve on a warm day.

UFOs

Drain tinned pineapple rings, wrap in plastic wrap and freeze before serving.

Watermelon wedges

Wrap sliced watermelon wedges in plastic wrap and freeze before serving.



Tinned and dried fruits

Tinned fruit (in natural juice) in single serve tubs are a great, easy snack.

Dried fruits can be bought in bulk and stored in glass jars. Dried fruit can stick to teeth, increasing the risk of tooth decay, so serve in small amounts with other healthy foods such as reduced fat cheese or wholegrain breakfast cereals.

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