

Food Ideas for Under 5's

GRAINS:



Cooked
pasta



Sandwich
squares



Wholegrain
crackers or
rice/corn thins



Sushi
sandwiches



Homemade
mini fruit
muffins

MEAT / ALTERNATIVES:



Shredded/sliced
meat



Chickpea
pattie



Hummus



Hard boiled
egg



Homemade mini
meatballs

DAIRY / ALTERNATIVES:



Cheese stick



Cheese cubes
or slices



Yoghurt



Yoghurt or cream
cheese based dip



Milk or soy
popper

FRUIT:



Kiwi slices



Grapes
(chop in half)



Orange pieces
(remove seeds)



Chopped
banana



Tinned fruit
(in natural juice)

VEGETABLES:



Cherry tomatoes
(cut in half for <3yrs)



Sliced
avocado



Carrot sticks (lightly
steamed for <3yrs)



Cucumber
sticks



Baked sweet
potato slices