

TOP TIP

Healthy snacks help learners stay focused at school and on homework.

Try these healthy options:

1. Yoghurt and fruit
2. Popcorn
3. Fruit Smoothies
4. Peanuts and raisins
5. Dried fruit
6. Hard-boiled eggs
7. Apple and peanut butter
8. Cottage cheese and veggie sticks



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za