



SWAP IN MORE VEG

CHOOSING NUTRITIOUS FOOD DOESN'T MEAN SACRIFICING THE FLAVOURS YOU LOVE. TRY SWAPPING OUT DISCRETIONARY FOOD

Swap

ITEMS FOR A MORE NUTRITIOUS VEGGIE OPTION.

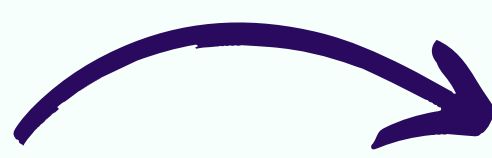
For

SWEET MUFFINS



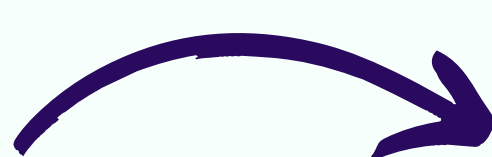
SAVOURY VEGGIE MUFFINS

DIPS & CRACKERS



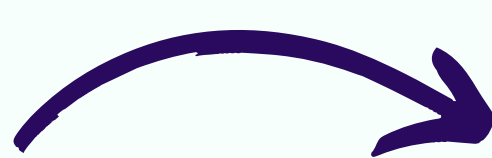
DIP & VEGGIESTICKS

POTATO CRISPS



VEGGIE CRISPS

MILKSHAKES



GREEN SMOOTHIES



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