

Nutritious Snack Ideas

Fresh, balanced fuel for busy days - in the office or on shift

Protein Staying power

- Hard-boiled eggs
- Greek or natural yoghurt
- Cottage cheese
- Lean meat slices (e.g. chicken, turkey, roast beef)
- Hummus or other legume-based dips
- Tofu cubes: plain or marinated

Wholegrains Sustained energy

- Wholegrain bread, wraps or pita pockets
- Overnight oats or cooked oats
- Wholegrain muffins (lower sugar options)
- Brown rice, quinoa or barley snack bowls

Fruit Natural energy

- Fresh fruit (apples, bananas, berries, citrus, pears)
- Fruit salad cups
- Smoothies (fruit-based, with added protein if possible)

Vegetables Fibre & micronutrients

- Fresh vegetable sticks (carrot, cucumber, capsicum, celery)
- Cherry tomatoes or snap peas
- Vegetable-based fritters or patties
- Salads in small containers

Healthy Fats Brain & heart support

- Avocado slices or guacamole
- Olives
- Nuts and seeds
- Chia or flaxseed added to yoghurt or smoothies

Dairy & Alternatives Bone & muscle support

- Milk or plant-based alternatives
- Yoghurt tubs or pouches
- Cheese slices or cubes
- Custard or dairy-based snacks

Smart snacking tips:

Aim for protein + fibre at each snack. Prepare snacks ahead for busy shifts.

Use insulated bags or ice bricks where needed. Choose snacks that are easy to eat between tasks.



Nutritious Shelf-Stable Snack ideas

Nutritious options for workers on shift – no fridge required

Protein Staying power

- Unsalted mixed nuts or single-nut varieties
- Roasted chickpeas or broad beans
- Individual nut or seed butter sachets
- Shelf-stable protein balls (oats, nuts, seeds)
- Vacuum-packed tuna or salmon pouches

Wholegrains Long-lasting energy

- Wholegrain crackers or crispbreads
- Oat sachets or baked oat snacks
- Air-popped popcorn (plain or lightly seasoned)
- Rice cakes (plain or wholegrain)

Fruit Natural fuel

- Dried fruit (apricots, apples, pears, sultanas)
- Freeze-dried fruit packs
- Fruit purée pouches (no added sugar)

Vegetables Fibre & micronutrients

- Vegetable crisps (baked, not fried)
- Dried seaweed sheets
- Shelf-stable vegetable snack packs
- Roasted lentils or fava beans

Healthy Fats Brain & heart support

- Seed mixes (pumpkin, sunflower, sesame)
- Olive or seed oil snack sachets
- Dark chocolate (70%+ cocoa, small portions)

Dairy & Alternatives Bone & muscle support

- Shelf-stable milk or plant-based drink cartons
- Long-life yoghurt pouches
- Powdered milk or protein blends

Smart snacking tips:

Combine protein + fibre for longer-lasting energy. Check labels for added sugar and excess salt.
Portion snacks into grab-and-go sizes. Keep a small snack kit in your bag or vehicle.

