



HEALTH AND WELLBEING CHECKLIST

Date

10

Creating a Healthy Snack Station

A healthy snack station makes it easier to choose nutritious options throughout the day. Use this checklist to set up a convenient and appealing snack area.

Choose a Visible Location

- Select a central spot in your home or workplace that's easy to access.
- Tip: Place the station near high-traffic areas like the kitchen counter or your desk.



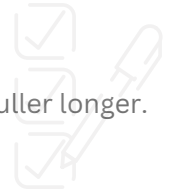
Stock Fresh Produce

- Include fruits and veggies that are easy to grab and eat.
- Example: Apples, bananas, baby carrots, or snap peas for quick, healthy choices.



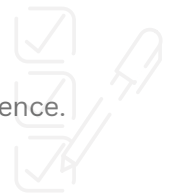
Incorporate Protein-Rich Options

- Add snacks like boiled eggs, Greek yoghurt, or individual cheese portions to keep you fuller longer.
- Tip: Use a small cooler or insulated container if refrigeration is needed.



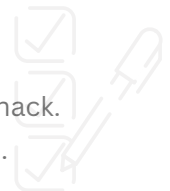
Keep Nuts and Seeds Handy

- Store almonds, walnuts, or sunflower seeds in small, resealable containers for convenience.
- Tip: Mix nuts with dried fruits to create your own trail mix without added sugars.



Offer Whole-Grain Choices

- Include crackers, granola bars (low in sugar), or whole-grain rice cakes for a balanced snack.
- Tip: Look for whole-grain products with minimal added ingredients or artificial flavours.



Add Hydration Options

- Include water bottles, coconut water, or herbal teas to encourage regular hydration.
- Tip: Store reusable bottles filled with water or infused with fruits like lemon or berries.



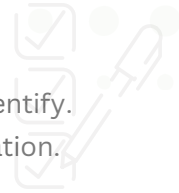


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Use Clear Containers



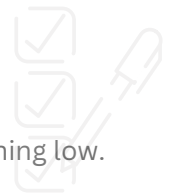
- Store snacks in transparent containers to make them visually appealing and easy to identify.
- Tip: Arrange containers by category, like fruits, proteins, and grains, for better organisation.

Label Portions



- Pre-portion snacks to avoid overeating and maintain balanced portions.
- Example: Use small bags or containers to hold a single serving of nuts, fruits, or crackers.

Restock Weekly



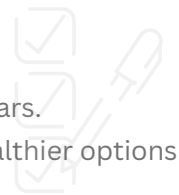
- Check the station regularly and replace low or expired items to keep it fresh.
- Tip: Create a shopping list for your snack station and update it as you notice items running low.

Minimise Processed Snacks



- Limit sugary or overly processed items in your station to prioritise healthful options.
- Tip: Choose minimally processed treats like baked veggie chips or unsweetened dried fruit.

Add a Treat Option



- Include one or two healthier indulgences like dark chocolate squares or fruit and nut bars.
- Tip: Store treats in a separate section to make it easier to balance indulgences with healthier options.



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