

Be a Swap Rockstar!

1

Scan the barcode on your favourite foods

2

Swipe to see healthier choices

3

Swap next time you shop

Can you make swaps?

Try colouring them in as you go*



Breakfast



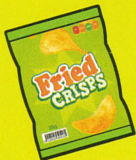
Corn flakes



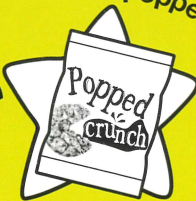
Lunch or Dinner



Thin and crispy delight



Snack



Popped crunch



Dessert



Fruity chew loaf



Drink



Lower sugar juice drink



Name

has made 5 swaps and is a Swap Rockstar

*Crayons work best. If you use felt tips make sure you allow time to dry.