

## “Snack it Out” by Donalee Halkett

Donalee is founder of “Choice Living” and has a passion to educate, inspire and encourage people to be more aware of the importance of improving and maintaining the balance of good health for the body.

Donalee specialises in natural food preparation and lifestyle workshops and has written this book as testimony in bringing up her four children on a healthy diet and lifestyle.

We are seeing a dramatic increase in child obesity, cancer, diabetes and sickness and what we eat can influence our health.

This book seeks to inspire us all and to encourage children to eat healthy foods and provides recipes for healthy snacks that are easy to prepare, taste great and assists in making healthy choices about the food we eat.

Copies of “Snack it Out” cost \$20.00 plus p&h and can be obtained by contacting:

Choice Living  
PO Box 1546  
Noosa Heads QLD 4567  
tel: 0405141563  
fax: (07) 5447 2646  
email: [info@choiceliving.com.au](mailto:info@choiceliving.com.au)  
[www.choiceliving.com.au](http://www.choiceliving.com.au)

## SNACK It out

**"The health of our children today  
is the health of our nation tomorrow"**

This collection of fresh, healthy snack ideas presented in this book will help and encourage you to empower your children with life-giving delicious and nutritious school lunches, between-meal nibbles and after school snack outs.

Making healthy choices can help prevent your child from becoming victim to the ever increasing childhood diseases, e.g. obesity, diabetes and cancer, just to name a few.

"Let food be your medicine, and medicine be your food"  
*Hippocrates*



Includes:

- Healthy, Salubrious Snack Recipes
- Healthy Substitutes Chart
- Tips To Make Snacking Out Simple
- Lunch Box Ideas



Donalee Halkett

choice  
LIVING

Donalee Halkett founded Choice Living, a supplier of inspirational materials and tools that will enhance every aspect of the quest for adopting a healthy, vibrant, balanced lifestyle. Donalee has spoken at several conferences and conducted workshops across Australia, New Zealand and the USA.

As a young mother of four children, Donalee chose to inspire and encourage her family and those around her with simple health and lifestyle principles that maximise everything nature has to offer.

Choice Living is here to help you choose your best life and enjoy your journey...

ISBN 0-9758274-0-5



9 780975 827406



## SNACK It out

Healthy..... salubrious snacks for kids  
that are **GOOD** for them and taste **AMAZING**

By Donalee Halkett