

# TOASTY

1



Superhero Food



ENERGISE

## Food Profile

Energises your body and brain.

Superhero Food Group  
**GRAINS**



# MIXED GRAIN

2



Everyday Food



ENERGISE

## Food Profile

Toast or lunchtime bite - try grainy bread instead!

Superhero Food Group  
**GRAINS**



# SILVER SPOON

3



Superhero Food



ENERGISE

## Food Profile

Teeming with fibre to dodge hunger.

Superhero Food Group  
**GRAINS**



# HEALTHY CEREAL

4



Everyday Food



ENERGISE

## Food Profile

Launch into your day with a healthy breakfast.

Superhero Food Group  
**GRAINS**



# NOODLE NINJA

5



Superhero Food



ENERGISE

## Food Profile

Powers up your brain and muscles.

Superhero Food Group  
**GRAINS**



# PASTA BOWL

6



Everyday Food



ENERGISE

## Food Profile

Comes in cool shapes and sizes.

Superhero Food Group  
**GRAINS**



# MEAN GREEN

7



Superhero Food



PROTECT

## Food Profile

Bursting with folate to keep your body's cells healthy.

Superhero Food Group  
**VEGETABLES**



# MRS BROCC

8



Everyday Food



PROTECT

## Food Profile

Green goodness shaped like little trees.

Superhero Food Group  
**VEGETABLES**



# THE DICER

9



Superhero Food



PROTECT

## Food Profile

Loaded with vitamins for super strong eyes.

Superhero Food Group  
**VEGETABLES**



**ARTY CARROT** 10



**Everyday Food**  **PROTECT**

**Food Profile**  
Crunchy carrot eaten raw makes for a healthy smile.

**Superhero Food Group**  
**VEGETABLES** 

**ATOMIC APPLE** 11



**Superhero Food**  **PROTECT**

**Food Profile**  
Contains an army load of antioxidants to fight illness.

**Superhero Food Group**  
**FRUIT** 

**ACES APPLE** 12



**Everyday Food**  **PROTECT**

**Food Profile**  
Simple snack in an edible package.

**Superhero Food Group**  
**FRUIT** 

**SUPER FRUITY** 13



**Superhero Food**  **PROTECT**

**Food Profile**  
Packed with potassium to power up the heart.

**Superhero Food Group**  
**FRUIT** 

**SPORTY BANANA** 14



**Everyday Food**  **PROTECT**

**Food Profile**  
Perfect pick me up – snack on the run.

**Superhero Food Group**  
**FRUIT** 

**BEAN MACHINE** 15



**Superhero Food**  **BUILD**

**Food Profile**  
Pumped with protein to grow a healthy body.

**Superhero Food Group**  
**MEAT / PROTEIN** 

**TINNED BEANS** 16



**Everyday Food**  **BUILD**

**Food Profile**  
Beans for breakfast makes a good start, but do they really make you fart?

**Superhero Food Group**  
**MEAT / PROTEIN** 

**BEEFY BOY** 17



**Superhero Food**  **BUILD**

**Food Profile**  
Jam-packed with protein and iron to build muscles.

**Superhero Food Group**  
**MEAT / PROTEIN** 

**LEAN MEAT** 18



**Everyday Food**  **BUILD**

**Food Profile**  
Try trimmed and terrific beef in a hearty stew.

**Superhero Food Group**  
**MEAT / PROTEIN** 

**FLYING FISH** 19



**Superhero Food** BUILD

**Food Profile**  
Dripping with omega-3 for a super healthy heart.

**Superhero Food Group**  
**MEAT / PROTEIN**

**FISH CAN** 20



**Everyday Food** BUILD

**Food Profile**  
Canned fish is a quick, easy and healthy snack.

**Superhero Food Group**  
**MEAT / PROTEIN**

**YO-GIRL** 21



**Superhero Food** BUILD

**Food Profile**  
Packed with probiotics for fighting tummy illness.

**Superhero Food Group**  
**DAIRY**

**YUM YOGHURT** 22



**Everyday Food** BUILD

**Food Profile**  
Cool or frozen, always yummy.

**Superhero Food Group**  
**DAIRY**

**YO-BOY** 23



**Superhero Food** BUILD

**Food Profile**  
Erupting with calcium to build tough teeth.

**Superhero Food Group**  
**DAIRY**

**BLUE BOY** 24



**Everyday Food** BUILD

**Food Profile**  
Yummy yoghurt added to cereal tastes great.

**Superhero Food Group**  
**DAIRY**

**SPEEDY CHEESE** 25



**Superhero Food** BUILD

**Food Profile**  
Crazy full of calcium for super strong bones.

**Superhero Food Group**  
**DAIRY**

**CHEESY CHEESE** 26



**Everyday Food** BUILD

**Food Profile**  
Chock-a-block with flavour, sliced or grated.

**Superhero Food Group**  
**DAIRY**

**WONDER WATER** 27



**Superhero Food** BUILD

**Food Profile**  
Bursting with hydration for super-charged blood flow.

**Superhero Food Group**  
**WATER**

**COOL GLASS** 28

**Everyday Food**

**Food Profile**  
Cool and fresh, water is the best choice.

**Superhero Food Group**  
**WATER**

**MIGHTY MILK** 29

**Superhero Food** BUILD

**Food Profile**  
Builds a super strong skeleton.

**Superhero Food Group**  
**DAIRY**

**MILK MAID** 30

**Everyday Food** BUILD

**Food Profile**  
Cool and yummy for thirsty kids.

**Superhero Food Group**  
**DAIRY**

**MASHER MAN** 31

**Superhero Food** PROTECT

**Food Profile**  
Packed full of carbs, he's energy for your body and brain.

**Superhero Food Group**  
**VEGETABLES**

**WORKING SPUD** 32

**Everyday Food** PROTECT

**Food Profile**  
Go for stuffed spuds for a tasty twist.

**Superhero Food Group**  
**VEGETABLES**

**VITAMIN C LION** 33

**Superhero Food** PROTECT

**Food Profile**  
Roaring with Vitamin C to boost the body's defences.

**Superhero Food Group**  
**FRUIT**

**FARMER ORANGE** 34

**Everyday Food** PROTECT

**Food Profile**  
Great sporty snack to quench thirst.

**Superhero Food Group**  
**FRUIT**

**SAUCY LADY** 35

**Superhero Food** PROTECT

**Food Profile**  
Seriously full of antioxidants to fight illness.

**Superhero Food Group**  
**VEGETABLES**

**ATHLETIC TOMATO** 36

**Everyday Food** PROTECT

**Food Profile**  
Undercover fruit disguised as a vegetable.

**Superhero Food Group**  
**VEGETABLES**

# PURPLE PRINCESS 37



Superhero Food

PROTECT

## Food Profile

Stacked with vitamins for super vision.

Superhero Food Group  
**VEGETABLES**



# COACH CARROT 38



Everyday Food

PROTECT

## Food Profile

Perfectly packed healthy snack.

Superhero Food Group  
**VEGETABLES**



# BUSH TUCKER TEAM 39



Superhero Food

PROTECT  
BUILD

## Food Profile

Packed with goodness for a strong mind and healthy body.

Superhero Food Group  
**MULTI/BUSH TUCKER**



# TUCKER TRACKERS 40



Everyday Food

PROTECT  
BUILD

## Food Profile

Seek out bush tucker. It's low in fat, sugar and salt.

Superhero Food Group  
**MULTI/BUSH TUCKER**



# CAPTAIN CAPSICUM 41



Superhero Food

PROTECT

## Food Profile

Oodles of vitamin C in a rainbow of colours.

Superhero Food Group  
**VEGETABLES**



# CRUNCHING CAPSICUM 42



Everyday Food

PROTECT

## Food Profile

Crunchy and munchy eaten raw or cooked.

Superhero Food Group  
**VEGETABLES**



# CHICKEN DRUMMER 43



Superhero Food

BUILD

## Food Profile

Chock-full of protein for healthy skin, nails and hair.

Superhero Food Group  
**MEAT / PROTEIN**



# CHEEKY CHICKEN 44



Everyday Food

BUILD

## Food Profile

A scrumptious way to help you beat hunger at lunch or dinner.

Superhero Food Group  
**MEAT / PROTEIN**



# DEADLY DAMPER 45



Superhero Food

ENERGISE

## Food Profile

Full of energy to power up your brain.

Superhero Food Group  
**GRAINS**



# OUTBACK DAMPER 46



Everyday Food **ENERGISE**

**Food Profile**  
Delicious when cooked in the coals.

Superhero Food Group  
**GRAINS**

# GARLIC SHIELD 47



Superhero Food **PROTECT**

**Food Profile**  
Protects the body against rascal bacteria.

Superhero Food Group  
**VEGETABLES**

# GARLIC DANCER 48



Everyday Food **PROTECT**

**Food Profile**  
Flavours food for tasty tucker.

Superhero Food Group  
**VEGETABLES**

# GO-GO GOANNA 49



Superhero Food **BUILD**

**Food Profile**  
Slam dunks iron for super strong blood.

Superhero Food Group  
**MEAT / PROTEIN**

# HANNAH GOANNA 50



Everyday Food **BUILD**

**Food Profile**  
Bush tucker meat teeming with taste.

Superhero Food Group  
**MEAT / PROTEIN**

# HERBALICIOUS 51



Superhero Food **PROTECT**

**Food Profile**  
Perfect way to pack in taste.

Superhero Food Group  
**VEGETABLES**

# FRESH HERBS 52



Everyday Food **PROTECT**

**Food Profile**  
Adds fabulous flavour to food.

Superhero Food Group  
**VEGETABLES**

# COOL KANGAROO 53



Superhero Food **BUILD**

**Food Profile**  
Booming with protein and iron for super strong blood and muscles.

Superhero Food Group  
**MEAT / PROTEIN**

# RANGER REX 54



Everyday Food **BUILD**

**Food Profile**  
Tasty bush tucker meat makes a wild meaty stew.

Superhero Food Group  
**MEAT / PROTEIN**

# MELONATOR

55



Superhero Food



PROTECT

## Food Profile

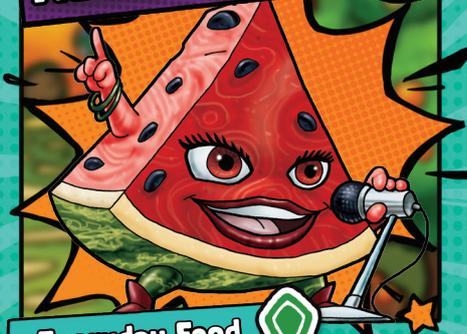
Builds body armour to wipe out illness.

Superhero Food Group  
**FRUIT**



# MELODY MELON

56



Everyday Food



PROTECT

## Food Profile

Maximum coolness and full of juice.

Superhero Food Group  
**FRUIT**



# ONION RINGER

57



Superhero Food



PROTECT

## Food Profile

Runs rings around illness.

Superhero Food Group  
**VEGETABLES**



# JACKAROO ONION

58



Everyday Food



PROTECT

## Food Profile

Adds layers of fab flavour.

Superhero Food Group  
**VEGETABLES**



# SUPER SWEET POTATO

59



Superhero Food



PROTECT

## Food Profile

Stacks of Vitamin A for seeing in the dark.

Superhero Food Group  
**VEGETABLES**



# FOOTY GIRL

60



Everyday Food



PROTECT

## Food Profile

Sweet taste roasted or mashed.

Superhero Food Group  
**VEGETABLES**



# VEGIE SQUAD

61



Superhero Food



PROTECT

## Food Profile

Builds a super strong body with an army of vitamins.

Superhero Food Group  
**VEGETABLES**



# TINNED TRADIE

62



Everyday Food



PROTECT

## Food Profile

Convenience contained in a can.

Superhero Food Group  
**VEGETABLES**



# FRUIT MOB

63



Superhero Food



PROTECT

## Food Profile

Rainbow of nutrients jammed with juice.

Superhero Food Group  
**FRUIT**



# FRUITY PAINTER 64



Everyday Food



PROTECT

## Food Profile

Always on hand for a deadly snack.

Superhero Food Group  
**FRUIT**



# THE SCRAMBLER 65



Superhero Food



BUILD

## Food Profile

Egg-ceptionally healthy and packed with protein.

Superhero Food Group  
**MEAT / PROTEIN**



# EAGER EGG 66



Everyday Food



BUILD

## Food Profile

Whip up a quick and easy meal in a flash.

Superhero Food Group  
**MEAT / PROTEIN**



# PASTA BLAST 67



Superhero Food



ENERGISE

## Food Profile

Pasta Blast is a powerhouse of energy for your body and mind.

Superhero Food Group  
**GRAINS**



# PASTA CHEF 68



Everyday Food



ENERGISE

## Food Profile

Pasta comes in fun shapes like tubes, shells and wagon wheels.

Superhero Food Group  
**GRAINS**



# QUEEN PEA 69



Superhero Food



PROTECT

## Food Profile

Protein packed into a small package.

Superhero Food Group  
**VEGETABLES**



# PEA POD 70



Everyday Food



PROTECT

## Food Profile

Yummy eaten raw. Pick a pod full of peas straight from the garden.

Superhero Food Group  
**VEGETABLES**



# COOL CUCUMBER 71



Superhero Food



PROTECT

## Food Profile

High amounts of water helps to keep you hydrated.

Superhero Food Group  
**VEGETABLES**



# MR CUCUMBER 72



Everyday Food



PROTECT

## Food Profile

A tasty and crunchy snack to help you cool down.

Superhero Food Group  
**VEGETABLES**



# SNAP FROZEN

73



## Superhero Food



PROTECT

### Food Profile

Packed full of frozen goodness loaded with vitamins and minerals.

**Superhero Food Group**  
**VEGETABLES**



# FROZEN VEGIES

74



## Everyday Food



PROTECT

### Food Profile

Frozen goodness always ready to go.

**Superhero Food Group**  
**VEGETABLES**



