



Health Promoting Schools Newsletter

What is a healthy snack?

The goal of a healthy snack is to combine at least 2 different food groups from Canada's food guide – including one from the vegetables and fruit food group. A combination snack adds more nutrients to children's diets and is more filling. It is also important to choose snacks that are high in fibre, and low in saturated fats, trans fats, and sodium. This will help prevent health problems in the future.



Why is healthy snacking important?

- Supports healthy growth and development
- Provides the energy required to stay focused at school
- Provides the energy required for children to be active at play
- Is important for young children's small appetites and stomachs



Snack Ideas

Little Dippers

celery, carrots, cauliflower, broccoli, peppers, cucumbers, mushrooms, snow peas, zucchini, cherry tomatoes with tzatziki or hummus dip

Fruity Kabobs

bite-sized pieces of apples, oranges, bananas, peaches, blueberries, melon, pears, plums, strawberries, mangoes with yogurt for dipping



Sushi Rolls on the Go

cucumber rolls



Applesauce Swirls

swirl or lightly stir yogurt and granola into applesauce

Wrap 'n Roll

whole wheat tortilla spread with cream cheese, sprinkled with grated carrot and sunflower seeds, rolled and cut into 2 cm (1 inch) pieces

Crazy Cones

waffle cones filled with fruit pieces



Helpful Hints

Keep Foods Safe

Use an insulated bag with a mini freezer pack or chilled thermos to keep food cool. Frozen juice keeps the chill on food too.

Cost Comparison

Shop in bulk and use recyclable containers and you will double the value of your purchases. Compare 750 gm yogurt container with a Minigo and you'll find you pay twice as much for the portion sizes.



Recycle, Reduce, Reuse

Purchase a good set of resealable containers and you protect the environment by reducing waste.



Leftovers

Grill an extra portion at dinner or make a bigger casserole so leftovers can be used for lunch time.

Water is the best drink!!!

Fruit vs Juice

Real fruit has more nutrients than fruit juice. If you do buy juice, make sure it says "Juice" on the label. "Drinks" and "Punches" are mostly sugar and water.



Dried Fruits

Raisins, apricots, dried cranberries, etc should be followed by water to wash the sugar off the teeth and prevent cavities.

Kids Need to Help

If you want your kids to eat their lunch and snack, let them help prepare the food.





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More Snack Ideas



Ants on a Log

Fill celery stalks with peanut butter or cheese spread. Place raisins on top of filling.



Pita Points

toasted with hummus, salsa, or tzatziki



Crunch & Munch

cheese chunks and apples or applesauce



Power-Packed Snack

hard-boiled egg and sliced avocado, tomato or cucumber

Crunchy Yogurt

yogurt or kefir and granola and berries



Banana Dogs

whole wheat hot dog bun with sesame or peanut butter and peeled banana

Ole Taco

soft taco with bean dip and diced tomato



Cereal Shapes

Combine Shreddies, Cheerios, Bite-sized Shredded Wheat, Puffed Rice, and Corn Chex for a ready-to-eat snack.

Mini-Sandwiches

whole grain crackers for the top and bottom filled with cheese and sliced cucumber

Breakfast Anytime

whole grain cereal and dried, unsweetened fruit mix

Mix it Up

toasted unsalted soybeans, unsalted popcorn, chickpeas, sunflower or pumpkin seeds, edamame beans

