

Snacking Smart for Kids

Snacks are important for children

- Snacks provide the energy needed to learn and play. Children have small stomachs and higher energy needs required for growth.
- Everyday snacks should include foods from at least two different food groups in each snack. Post a copy of Canada's Food Guide on the fridge as a reminder to yourself.
- Snacks should be low in sugar to prevent tooth decay and moderate in salt and fat for good health.



Snack Ideas

BE CREATIVE WITH YOUR SNACKS ENJOY A VARIETY OF FOODS

- Crackers with cheese
- Applesauce with ½ a bagel
- Fruit and cheese kabob
- Popcorn seasoned with parmesan cheese served with 100% fruit juice
- Vegetables with dip (make a homemade bean dip or use cottage cheese or plain yogurt)
- Homemade muffin and milk
- Yogurt and banana slices
- Melon dipped in vanilla yogurt or pudding
- Dry unsweetened cereal and milk
- A parfait made of layers of yogurt, fruit and granola
- Cold pizza
- Chocolate milk and dry cereal that you can eat with your hands
- Cheddar cheese and apple slices
- String cheese and baby carrots
- Yogurt tube and a banana

CHOOSE FROM 2 OF THE FOLLOWING FOOD GROUPS TO MAKE A NUTRITIOUS SNACK

Vegetables and Fruit:

cucumber, peppers, lettuce, cauliflower, broccoli, carrots, orange, apple, pear, melon, kiwi, grapes, strawberries, fresh fruit, canned fruit, unsweetened fruit and vegetable juices

Grain Products:

enriched or whole wheat breads and rolls, pita bread, homemade muffins, dry cereal, tortillas, crackers, pasta, rice

Milk & Alternatives:

milk, yogurt, pudding made with milk, cheese

Meat & Alternatives:

cooked eggs, lean deli meats, leftover chicken or turkey, canned beans, bean dips, hummus, sunflower butter or seeds

THESE SNACKS SHOULD BE SAVED FOR SPECIAL OCCASIONS THEY ARE "SOMETIMES" FOODS

- Fruit roll-ups
- Sweetened fruit drinks, punches, cocktails, blended drinks, iced tea, lemonades, pop
- Cookies with cream fillings, chocolate and icing
- Potato chips, nacho chips, french fries
- Processed cheese slices or spreads
- Chocolate bars
- Suckers, candy
- Donuts, packaged snack cakes
- Pies, brownies
- Sugar-coated cereal

ENSURE SNACKS ARE AGE APPROPRIATE SO THAT CHILDREN DO NOT CHOKE

WATER IS THE BEST THIRST QUENCHER

It contains no calories and hydrates your body better than any other beverage.



SNACKING TIPS FOR THE ENVIRONMENT

- Use reusable containers. Carry a lunch box or cloth bag.
- Use inexpensive metal cutlery rather than plastic.
- Use a spill-proof thermos for milk, juice or soup.
- Use less individually packaged snack foods.
- Recycle as much packaging as possible.



REMEMBER YOUR TEETH

Sugary and sticky snacks cause cavities, especially if children eat them often and are not able to brush their teeth afterwards.

Pack a toothbrush and toothpaste into your children's bags. Remind them to brush after eating to help prevent cavities.

If children cannot brush encourage them to:

- Rinse their mouth with water.
- Eat some cheese because it helps to protect your teeth from cavities.
- Chew a piece of sugar-free gum.