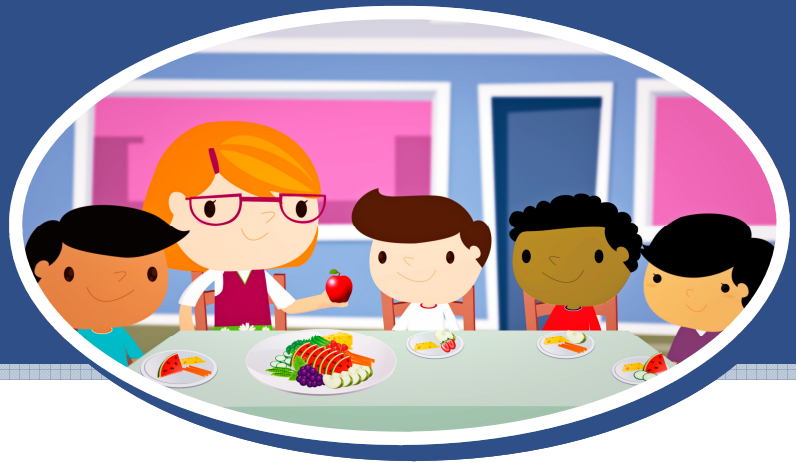


Pack and Go Snacks



Healthy snacks provide children with energy to grow, learn and play. They also prevent hunger-related mood swings. Think of snacks as mini-meals to fuel busy brains and bodies. Pack a mid-morning and mid-afternoon snack if your child will be away all day.



Smart snacks have...

- at least two food groups
- a fruit or vegetable most of the time and
- a little protein or healthy fat for longer lasting energy (try cheese, plain yogurt, avocado, beans, egg, tofu, seed/nuts)

Veggies and Fruit Time Saving Tips

- Keep a variety of fresh washed and chopped vegetables in the refrigerator
 - ◊ Cauliflower, broccoli, pepper strips, turnip or zucchini sticks, snap peas, grape tomatoes
- Keep dried fruit, applesauce, and canned fruit stocked in your pantry
- Keep frozen berries and peas in the freezer packed in individual containers
- Steam extra veggies at dinner time and pack as a cold re-run with ranch dip



Did you know?

Most packaged, processed snack foods have too much salt, sugar or unhealthy fats. Read labels carefully.

Here are some healthier packaged options:

- Unsweetened fruit sauce cups
- Fruit cups (packed in fruit juice)
- Cheese strings
- Individual yogurts / yogurt tubes
- Fig bars, graham wafers
- Some granola bars with less sugar (no yogurt or chocolate coatings)
- Trail mix
- Baby carrots and ranch dressing packets

Snack Attack!



Whole Grain Wonder Combos

(Use whole grain products and ingredients)

- Homemade granola bar and milk
- Mini-shredded wheat type cereal, berries and milk (mix together at snack time)
- French toast strips and applesauce
- ½ “banana dog” – banana in a hot dog bun spread with nut butter
- Mini pita pockets and hummus
- Banana or zucchini bread with milk
- Crackers and cheese

Quick Tip

Individually wrap and freeze your home baking for quick snacks to go.

Homemade baked goods are a healthier alternative to store bought. See the [Healthier Home Baking](#) fact sheet on the Interior Health website (link below).

Power Boosted Veggies and Fruit

- Fruit and yogurt parfaits with granola
- Veggies, crackers and guacamole or bean dip
- Trail mix (chopped dried fruit, whole grain cereal, sunflower seeds,) and milk
- Banana slices with nut butter, spread thinly or yogurt for dipping
- Fruit salad and soft tofu
- Steamed broccoli and hardboiled egg
- Pepper slices and chick peas
- Snap peas and cheese
- Orange segments and cooked milk pudding



Allergy Aware:

If nut products are restricted try seeds, soy or pea butters instead.

Choking Hazards:

Adapt foods for young children to prevent choking. See the [Preventing Choking in Babies and Young Children](#) fact sheet on the Interior Health website (link below).

For more information:

Call HealthLink BC by dialing 8-1-1

Interior Health Website: www.interiorhealth.ca/childcarefood