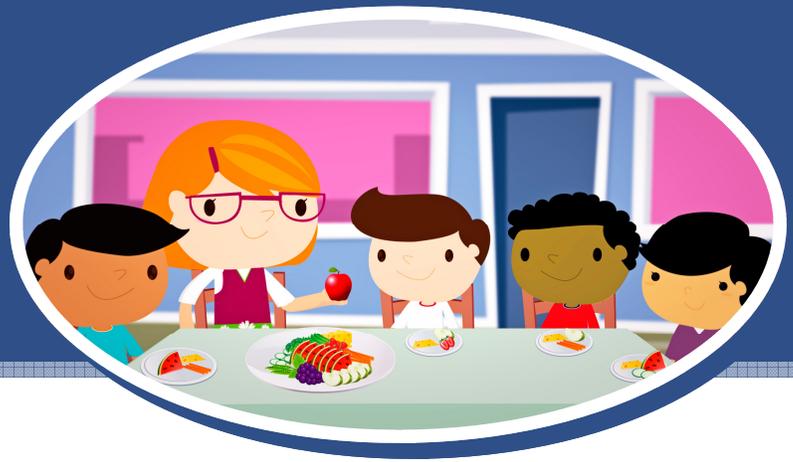


# Smart Snacking in Child Care Settings



## Tips For Child Care Providers

Snacks are like mini-meals that allow children to get enough to eat over the day.

Plan for snacks to be offered mid-morning and mid-afternoon. If children are thirsty, offer water in-between meal times.

A snack should not be used to calm a child or reward behavior.

Model healthy snacking by eating together with the children.

Offer a variety of foods, new and familiar, and let the children decide what and how much to eat.

### Smart snacks have...

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



### Quick Snacks with Two or More Food Groups:

- Snap peas and cheese strings
- Blueberries (fresh or frozen) and yogurt
- Cereal, strawberries and milk
- Rinsed canned black beans, frozen peas and corn niblets
- Whole grain pita triangles and store-bought hummus

### Choking Hazards

Adapt foods for young children to prevent choking.

See [Preventing Choking in Babies and Young Children](#) at the link on page 2 under “Need more ideas?”

**Snack time can be learning time** – Involve children in making their own snack. For more ideas see the [Food Activities for Young Children](#) fact sheet at the link under “Need more ideas?”.

**Banana Splits:** Top a whole or half banana with plain yogurt and ‘drizzle’ with a little maple syrup. Sprinkle with a whole grain, unsweetened cereal.

**Smoothies:** Blend fruit, yogurt and milk.

**Fruit and Yogurt Parfaits:** Layer yogurt, fruit and granola (or Bran Buds™ cereal).

**Baked Apples:** Stuff with oats, brown sugar and chopped walnuts.

**Peanut Butter Balls:** Mix together peanut butter and cornflakes (optional: add raisins or chopped dates). Shape into balls and roll in crushed graham crackers.

**Healthy Nacho Bites:** Melt grated cheddar and hot pepper flavoured cheese over plain mini shredded wheat cereal. Optional: Serve with salsa mixed with plain yogurt or guacamole.

**Mini Pizzas:** Use whole wheat English muffins for the crust and set out a variety of toppings.



### Dip it!

- Veggies and bean dip
- Fruit chunks and yogurt dip
- French toast strips and apple sauce
- Baked tortilla chips and guacamole

### Chocolate Chip Chick Dip

(Mmmm...tastes like cookie dough!)

- 1 can (540 mL/19 oz) chick peas (drained and rinsed)
- 2 tsp (10 mL) vanilla extract
- 1/4 cup (50 mL) nut butter (for a nut free option try tahini, soy or pea butter: e.g. No Nuts™)
- Up to 1/4 cup (50 mL) milk, as needed
- 3 Tbsp (45 mL) sugar
- 1/3 cup (75 mL) mini chocolate chips
- 2 to 3 Tbsp (25-45 mL) oats (or ground flax)

Add all ingredients (except chocolate chips) to a food processor and blend until very smooth. Then mix in the chocolate chips. Serve with sliced apples or graham wafers.

### Need more ideas?

See the [Interior Health website](#) for additional resources including [Food Flair](#) (a manual for child care providers containing food activities, feeding tips, and recipes).

[www.interiorhealth.ca/childcarefood](http://www.interiorhealth.ca/childcarefood)