

Activity: Packing Healthy Snacks Facilitator's Guide

Target Audience:

- Parents of toddlers, preschoolers, or school age children

Preparation

Materials Needed:

- Flip chart paper (tape to wall or use on a stand) and pens
- Tape
- [Using the Nutrition Facts Table](#) Print this handout from the Health Canada link (optional: make extra copies for parents)
- "Which is a better choice?" food label cards. These cards are located at the end of the facilitator's guide. Print them single sided, then laminate 2 pages together, front to back, with the food label card on the front, and the answer card on the back. There are 8 pages to make 4 cards total.

Handouts:

- Pack and Go Snacks www.interiorhealth.ca/childcarefood Print this handout from the link and make copies for parents.
- Healthier Home Baking www.interiorhealth.ca/childcarefood Print this handout from the link and make copies for parents.

Background information for Facilitator

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. Children need to eat every two to three hours. Typical times for offering a snack are mid-morning, mid-afternoon and before bed.

ACTIVITY A: Healthy Snacks Have at Least Two Food Groups

Introduction

What makes a healthy snack?

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)

Homemade baking can be part of a healthy snack when you add nutritious extras like raisins, grated carrot, canned pumpkin, etc. and cut down on the amount of sugar and fat that you use. There are lots of ways to boost the nutritional value of your baking. Refer to the handout, “Healthier Home Baking”.

Your child’s lunch doesn’t need a treat such as candy, chocolate or chips.

Ask the group to brainstorm a variety of snacks with **at least two food groups**. Record on flip chart paper. Refer to the **Pack and Go Snacks** handout for more ideas.

Here are some ideas to get them started: apple slices and cheese, red bell pepper sticks and bean dip, yogurt and berries, etc.

ACTIVITY B: Understanding Food Labels

When convenience is needed packaged snacks are often looked to. Take care to read labels.

1. Hold up the “Using the Nutrition Facts Table” handout. Read the descriptions out loud to the parents. Have copies available for parents to take home if they wish.
2. Explain that there is no %DV for sugar, because there is no recommended daily requirement for sugar. Look for products that have less sugar. 4 grams of sugar = 1 tsp of sugar.
3. Ask parents: “What else can you look at on a food label besides the Nutrition Facts table to help you decide what is a healthier choice?”

Answer: The list of ingredients. Ingredients are listed in order of weight from the most to the least. This means the food contains more of the ingredients at the beginning of the list and less of the ingredients at the end of the list.

ACTIVITY C: Compare common snacks - Which is a better choice?

Using the “Which is a better choice?” cards, have parents work in pairs to compare the following nutrition labels:

- a) Strawberry yogurt vs. chocolate pudding
- b) Fish cracker vs. mini wheat squares
- c) Berry lemonade granola bar vs. vanilla yogurt granola bar
- d) Original fruity applesauce vs. unsweetened fruity applesauce

Answers are on the back of the cards.

Which is a better choice?...

Original Fruity Applesauce			
1 container (111g)			
Amount	% Daily Value		
Calories 100			
Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg			
Sodium 0mg	0%		
Carbohydrate 24g	8%		
Fibre 1g	4%		
Sugars 22g			
Protein 0.2g			
Vitamin A 0%	Vitamin C 30%		
Calcium 0%	Iron 2%		

Ingredients: Apples, glucose-fructose, water, ascorbic acid

Unsweetened Fruity Applesauce			
1 container (111g)			
Amount	% Daily Value		
Calories 50			
Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg			
Sodium 0mg	0%		
Carbohydrate 12g	4%		
Fibre 1g	4%		
Sugars 11g			
Protein 0g			
Vitamin A 0%	Vitamin C 20%		
Calcium 0%	Iron 0%		

Ingredients: Apples, water, ascorbic acid



Original Fruity Applesauce			
1 container (111g)			
Amount	% Daily Value		
Calories 100			
Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			
Sodium 0mg			0%
Carbohydrate 24g			8%
Fibre 1g			4%
Sugars 22g			
Protein 0.2g			
Vitamin A 0%	Vitamin C 30%		
Calcium 0%	Iron 2%		

Ingredients: Apples, **glucose-fructose**, water, ascorbic acid

Summary:

Serving size is the same. Calories are DOUBLE in the Original Fruity Applesauce. The Unsweetened Fruity Applesauce is the better choice as it has no added sugars.

*This product exists under another name. The packaging of the 'original' product looks like applesauce. The only way you can tell that sugar is added and it has twice the calories of 100% pure applesauce is by reading the nutrition label and comparing to the unsweetened product.

Unsweetened Fruity Applesauce			
1 container (111g)			
Amount	% Daily Value		
Calories 50			
Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			
Sodium 0mg			0%
Carbohydrate 12g			4%
Fibre 1g			4%
Sugars 11g			
Protein 0g			
Vitamin A 0%	Vitamin C 20%		
Calcium 0%	Iron 0%		

Ingredients: Apples, water, ascorbic acid

Which is a better choice?...

Fish Crackers – Original			
Per 20 g serving			
Amount	% Daily Value		
Calories 100			
Fat 4g	6%		
Saturated Fat 0.4g	2%		
Trans Fat 0g			
Cholesterol 0mg			
Sodium 150mg	6%		
Carbohydrate 13g	4%		
Fibre 0g	0 %		
Sugars 1g			
Protein 2g			
Vitamin A 0%	Vitamin C	0%	
Calcium 2%	Iron	4%	

Ingredients: Enriched Wheat Flour, Vegetable Oil, Salt, Skim Milk Powder, Yeast, Sugar, Ammonium Bicarbonate, Sodium Bicarbonate, Spices, and Monocalcium Phospate.

Mini Wheat Squares			
Per 30g serving			
Amount	% Daily Value		
Calories 130			
Fat 3.5g	5%		
Saturated Fat 0.5g	2%		
Trans Fat 0g			
Cholesterol 0mg			
Sodium 190 mg	8%		
Carbohydrate 22g	7%		
Fibre 4g	16%		
Sugars 0g			
Protein 3g			
Vitamin A 0%	Vitamin C	0%	
Calcium 0%	Iron	8%	

Ingredients: Whole Grain Wheat, Soybean Oil, Salt.



Fish Crackers – Original			
Per 20g serving			
Amount	% Daily Value		
Calories	100		
Fat	4g	6%	
Saturated Fat	0.4 g	2%	
Trans Fat	0 g		
Cholesterol	0 mg		
Sodium	150 mg	6%	
Carbohydrate	13 g	4%	
Fibre	0g	0 %	
Sugars	1 g		
Protein	2 g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

Ingredients: Enriched Wheat Flour, Vegetable Oil, Salt, Skim Milk Powder, Yeast, Sugar, Ammonium Bicarbonate, Sodium Bicarbonate, Spices, and Monocalcium Phospate

Summary:

Serving size is comparable. Sodium levels are comparable. The mini wheat squares are made with whole grain flour (enriched wheat flour = white flour). Crackers fall in the Grain Products food group. Key nutrients from grain products are fibre, B vitamins and iron. The mini wheat squares are higher in fibre and iron. Therefore, they are the better choice.

Mini Wheat Squares			
Per 30 g serving			
Amount	% Daily Value		
Calories	130		
Fat	3.5g	5%	
Saturated Fat	0.5g	2%	
Trans Fat	0g		
Cholesterol	0mg		
Sodium	190 mg	8%	
Carbohydrate	22g	7%	
Fibre	4g	16%	
Sugars	0g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	8%

Ingredients: Whole Grain Wheat, Soybean Oil, Salt.

Which is a better choice?...

Berry Lemonade Granola Bar			
1 bar (35g)			
Amount	% Daily Value		
Calories 130			
Fat 1.5g	2%		
Saturated Fat 0g			
Trans Fat 0g			
Cholesterol 0mg			
Sodium 100mg	4%		
Carbohydrate 23g	8%		
Fibre 4g	15%		
Sugars 7g			
Protein 6g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 6%		

Ingredients: Rolled Whole Grain Blend (hard red wheat, oats, rye, triticale, barley), Brown Rice Syrup, Soy protein, Cranberries, Cane Syrup, Soy grits, Chicory Root, Chia Seeds, Yellow Corn Flour, ...etc.

Vanilla Yogurt Granola Bar			
1 bar (35g)			
Amount	% Daily Value		
Calories 140			
Fat 4g	6%		
Saturated Fat 2g			
Trans Fat 0g			
Cholesterol 0mg			
Sodium 95mg	4%		
Carbohydrate 26g	9%		
Fibre 1g	4%		
Sugars 14g			
Protein 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 10%	Iron 2%		

Ingredients: Granola (whole grain oats, sugar, canola oil, fructose, salt, baking soda), Corn Syrup, Sugar, Rice Flour, Whole Grain Wheat, Honey, Palm Kernel Oil, Dextrose, MaltoDextrin, Canola Oil, Yogurt, ... etc.



Berry Lemonade Granola Bar			
1 bar (35g)			
Amount		% Daily Value	
Calories 130			
Fat	1.5g		2%
Saturated Fat 0g			
Trans Fat 0g			
Cholesterol 0mg			
Sodium	100mg		4%
Carbohydrate	23g		8%
Fibre	4g		15%
Sugars 7g			
Protein 6g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%

Ingredients: Rolled Whole Grain Blend (hard red wheat, oats, rye, triticale, barley), Brown Rice Syrup, Soy protein, Cranberries, Cane Syrup, Soy grits, Chicory Root, Chia Seeds, Yellow Corn Flour, ...etc.

Vanilla Yogurt Granola Bar			
1 bar (35g)			
Amount		% Daily Value	
Calories 140			
Fat	4g		6%
Saturated Fat 2g			
Trans Fat 0g			
Cholesterol 0mg			
Sodium	95mg		4%
Carbohydrate	26g		9%
Fibre	1g		4%
Sugars 14g			
Protein 2g			
Vitamin A	0%	Vitamin C	0%
Calcium	10%	Iron	2%

Ingredients: Granola (whole grain oats, sugar, canola oil, fructose, salt, baking soda), Corn Syrup, Sugar, Rice Flour, Whole Grain Wheat, Honey, Palm Kernel Oil, Dextrose, MaltoDextrin, Canola Oil, Yogurt, ... etc.

Summary:

Serving size is the same. First ingredient in the Vanilla Yogurt bar contains sugar. Second and third ingredients in the yogurt bar are sugar. The Berry Lemonade bar has more fibre, more iron and less sugar making it the better choice.

Which is a better choice?...

Strawberry Yogurt 1 container (100g)			
Amount	% Daily Value		
Calories 100			
Fat 4g	6%		
Saturated Fat 2.5g	13%		
Trans Fat 0.1g			
Cholesterol 15mg			
Sodium 50mg	1%		
Carbohydrate 24g	8%		
Fibre 1g	0%		
Sugars 12g			
Protein 3g			
Vitamin A 4%	Vitamin C	0%	
Calcium 8%	Iron	0%	

Ingredients: Skim Milk, Fruit Blend (sugar, strawberries, lemon juice concentrate, pectin, natural flavour, natural colour), cream, honey, active bacterial cultures

Chocolate Pudding Cup 1 container (99g)			
Amount	% Daily Value		
Calories 140			
Fat 3.5g	5%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg			
Sodium 170mg	7%		
Carbohydrate 25g	8%		
Fibre 0g	0%		
Sugars 20g			
Protein 2g			
Vitamin A 0%	Vitamin C	0%	
Calcium 4%	Iron	2%	

Ingredients: Milk Skim, Water, Sugar, Cottonseed Oil Partially Hydrogenated, Cocoa, Natural and Artificial Flavour, Salt, Sodium Stearoyl Lactylate



Strawberry Yogurt			
1 container (100g)			
Amount		% Daily Value	
Calories 100			
Fat	4g		6%
Saturated Fat	2.5g		13%
Trans Fat	0.1g		
Cholesterol	15mg		
Sodium	50mg		1%
Carbohydrate	24g		8%
Fibre	1g		0%
Sugars	12g		
Protein	3g		
Vitamin A	4%	Vitamin C	0%
Calcium	8%	Iron	0%

Ingredients: Skim Milk, Fruit Blend (sugar, strawberries, lemon juice concentrate, pectin, natural flavour, natural colour), cream, honey, active bacterial cultures

Summary:

Serving size is the same. This pudding cup is made with milk but is lower in calcium, higher in sugar and higher in sodium than the yogurt. The pudding also contains partially hydrogenated oil. Yogurt is the better choice.

*The iron in the pudding does not make it a better choice. Dairy products are looked to for providing a good source of calcium. 2% iron is also not significant.

Chocolate Pudding Cup (made with milk)			
1 container (99g)			
Amount		% Daily Value	
Calories 140			
Fat	3.5g		5%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		
Sodium	170mg		7%
Carbohydrate	25g		8%
Fibre	0g		0%
Sugars	20g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%

Ingredients: Milk Skim, Water, Sugar, Cottonseed Oil Partially Hydrogenated, Cocoa, Natural and Artificial Flavour, Salt, Sodium Stearoyl Lactylate