



# SNACK TIME!



Running out of *healthy, easy, kid approved* snack ideas?  
Have no fear, help is here!

## What is a Healthy Snack?

- ❑ A healthy snack includes foods from at least 2 of the 4 food groups in Eating Well with [Canada's Food Guide](#).
- ❑ Make healthy snacks the easy choice by having them visible and ready-to-eat at home or in a lunch kit. Children are more likely to eat what is handy when they are hungry.
- ❑ Offer children a variety of snacks.
- ❑ Healthy snacks are lower in fat, sugar and salt. Foods such as cookies, cake, candy or chips are not healthy snacks and should only be offered occasionally.

## Yummy Snack Ideas

- ✓ Fresh fruit kabobs with lower fat cheese cubes.
- ✓ Frozen yogurt pops made with yogurt and fruit.
- ✓ Fruit smoothies made with milk, fruit and yogurt.
- ✓ Yogurt parfait made with yogurt, fruit and granola.
- ✓ Frozen banana pops made by dipping a banana in yogurt, rolling it in a crunchy low sugar cereal and freezing it.
- ✓ Peanut butter and banana wrap made by spreading peanut butter on a whole wheat tortilla and rolling a banana inside.
- ✓ Air popped popcorn sprinkled with shredded cheese.
- ✓ Homemade trail mix made from low sugar cereal, nuts and dried fruit.
- ✓ Whole wheat pitas with hummus dip.
- ✓ Raw veggies and dip.



## RECIPE:

### Sandwich on a Stick

#### Ingredients:

Lettuce  
 Cherry or grape tomatoes  
 Cucumber  
 100% Whole grain bread  
 Hard cheese (any kind)  
 Low sodium pickles  
 Leftover meat, fish or poultry (any kind)



#### Preparation:

1. Wash lettuce, tomatoes and cucumber.
2. Cut up cubes of bread, cheese, pickles, meat/fish/poultry, and cucumbers.
3. Rip up lettuce into small pieces.
4. Slide the foods onto skewer.
5. Enjoy!