









THE GOOD SNACK GUIDE

Children need a healthy snack at recess to hold off their hunger so that they can concentrate all morning. However, with so many convenience foods available at the grocery store, choosing a good snack can be confusing.

If your child's classroom is peanut/nut free, please do not send foods that contain or may contain peanuts and nuts.

Recommended Snack Choices	
	<p>Fresh Fruit and Unsweetened Dried Fruit</p> <ul style="list-style-type: none"> Fruit in season usually costs less and introduces your children to local produce. Apples, raisins, 100% fruit leather and bars, etc. Oranges should be cut into wedges because children may not take the time or effort to peel them.
	<p>Canned Fruit</p> <ul style="list-style-type: none"> Fruit packed in juice is a better nutrition choice than fruit in sugar syrup. Use a small leak-proof container for drained fruit or try the pre-packaged fruit bowls. Some children find using a fork easier than spooning up fruit.
	<p>Vegetables</p> <ul style="list-style-type: none"> Carrots, cucumbers, celery, broccoli or cauliflower and dip. Some children like peppers and sugar peas too.
	<p>Plain Granola Bars</p> <ul style="list-style-type: none"> Buy plain granola bars or oatmeal bars (<i>without</i> icing or chocolate or yoghurt coatings and <i>without</i> chocolate chips, marshmallows or candy)
	<p>Whole Grain Crackers and Breads</p> <ul style="list-style-type: none"> Look for whole wheat flour at the beginning of the ingredient list. Choose lightly salted or low sodium when available. Whole Wheat bread plain or spread with a little margarine is an inexpensive snack.
	<p>Cheese</p> <ul style="list-style-type: none"> Try hard cheeses like Cheese Strings, Cheddar, Swiss and Mozzarella. (Processed cheese spreads and handy snacks have too much added salt.)
	<p>Store – bought Cookies:</p> <ul style="list-style-type: none"> Look for whole wheat flour as the first ingredient, before sugar and other sweeteners. Keep the serving small: Children don't need monster cookies. Look for added fruit (raisins, dates, figs etc). Don't choose cookies with icing, icing or jam fillings, chocolate chips, marshmallows and/or candy. Store-bought muffins or muffins made from mixes can be too sweet, too high in fat and too big for children. <p>Some "better cookies" include plain social teas, digestives, animal-shaped cookies, graham crackers, crispy oatmeal or bran cookies.</p>
	<p>Homemade Cookies and Muffins:</p> <ul style="list-style-type: none"> Look for recipes with more flour than sugar or other sweeteners like honey. Keep the serving small: Children don't need monster cookies or muffins. Use whole wheat flour. Oatmeal and fruit like berries or raisins add fibre and nutrients. Do not add icing, jam, chocolate chips, marshmallows and candy. Bake Better Bites is a great resource for healthier recipes at http://www.bchealthyliving.ca/sites/all/files/BakeBetterBites.pdf
	<p>Beverages</p> <ul style="list-style-type: none"> Water is always a good choice. It doesn't have to be bottled. 100% Fruit or Vegetable Juices, especially if they say "lower in sodium". Skim, 1%, 2% or Chocolate Milk are excellent sources of calcium. Use a refillable drinking box or water bottle to reduce the cost of these beverages.

Good snacks are rated Choose Most or Choose Sometimes under the Ministry of Education's nutrition guidelines. To find out how an item you've bought rates, go to brandnamefoodlist.ca.

Food Safety for Snacks and Lunches:

Keeping food as cold as possible helps to prevent illness. Food should be refrigerated until your child leaves for school. Adding a small ice pack or frozen juice box helps to hold the cold in insulated lunch bags.