

Super Snacks for School

Healthy eating provides your child with the nutrients and energy needed to learn and play at school. Healthy snacks are an important part of healthy eating. Take some time to plan what kind of snacks you offer your child.

- Make a list of healthy snack options with your child. Include fresh vegetables and fruit. Most children in Canada do not eat enough vegetables and fruit.
- Use Canada's Food Guide as a tool to help you choose foods from two food groups for snacks. One of those foods should be a vegetable or fruit.
- Don't offer pop, juice or sweet beverages for snacks. Water is a great thirst quencher.
- Aim for healthier foods at snack time. Less healthy foods, like cake or potato chips, should not be offered for snacks at school or home.
- Don't expect your child or youth to choose healthy foods if unhealthy foods are easily available. Make healthy snacks easily available. Fill their lunch kit with healthy snack options; ask that healthy food options be available more often than less healthy foods in canteens and vending machines; and have healthy snack options visible and ready to eat at home.
- If your child's school encourages students to bring snacks, get an A+ in nutrition with these lunch kit additions:
 - Trail mix with low sugar whole grain cereal
 - Whole grain crackers and a piece of fresh fruit
 - Celery sticks and cheddar cheese
 - Unsweetened apple sauce or fruit cup and graham crackers

Remind children to wash their hands before eating.

Always check with your child's school about food policies and allergy concerns such as nut alerts.

