



# SnackMaster

Kids have tiny tummies. Healthy snacks can help give them the nutrition and energy they need to learn and play.

Adults decide **when** and **where** snack time will be, and **what** foods to offer:

- Aim for regular, planned, sit-down snacks together with other kids and adults.
- Offer 2 - 3 snacks per day, between meal times. Avoid letting kids nibble all day.
- For a nutritious snack, include foods from at least two food groups from Canada's Food Guide.

Kids decide **how much** to eat from the foods you offer, **if** they choose to eat at all.

Let kids help you plan snacks. Mix and match from the lists below to create snacks from at least two food groups. See how many fun combinations you can come up with!

Vegetables and Fruit		Grain Products	Milk & Alternatives	Meat & Alternatives
Carrot sticks	Apple slices	Whole grain bread	Milk	Hard-boiled egg
Red, yellow or orange peppers	Orange pieces	Mini bagel	Yogurt	Lean deli meat
Cucumbers	Berries	Tortilla	Cheese strings, cubes or slices	Hummus
Cherry tomatoes	Applesauce (unsweetened)	Mini pita	Cottage cheese	Tuna salad
Broccoli florets	Banana	Whole-grain crackers	Fortified soy beverage	Dried salmon
Dried seaweed	Peach	Mini muffin	_____	Nuts
Cauliflower	Plum	Whole-grain cereal	_____	Peanut butter
Celery sticks	Kiwi slices	Mini pancakes	_____	_____
Jicama sticks	Grapes	_____	_____	_____
Avocado	Pear halves	_____	_____	_____
Peas	Melon chunks	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____



## Sample snacks

(with foods from 2 food groups)

- Cucumber wheels and rice crackers
- Broccoli trees and yogurt dip
- Apple slices and cheese cubes
- Homemade muffin and fortified soy milk
- Celery with peanut butter and raisins
- Tuna salad and crackers
- Cooked rice with raisins and milk
- Pita triangles and hummus dip
- Fruit cubes and cheese cubes on toothpicks
- Boiled egg slices and carrot sticks
- Berries and yogurt
- Whole grain cereal and milk
- Peanut butter on mini pancakes
- Dried seaweed and dried fish

### Make healthy homemade snacks even more fun by:

- cutting food into different shapes
- putting foods into colourful containers
- putting fruit and cheese pieces on tooth picks
- adding a colourful napkin
- letting kids help prepare snacks



### Be tooth friendly:

- between meals and snack times, offer water for thirst
- limit sticky foods, like raisins and fruit leather - these stay on the teeth and may help cavities grow
- encourage and help kids to brush their teeth



To speak with a Registered Dietitian at HealthLinkBC, call 811 (or 604-215-8110).



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