









# 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><b>Fresh Fruit and Unsweetened Dried Fruit</b></p> <ul style="list-style-type: none"> <li>• Fruit in season usually costs less and introduces your children to local produce.</li> <li>• Apples, raisins, 100% fruit leather and bars, etc.</li> <li>• Oranges should be cut into wedges because children may not take the time or effort to peel them.</li> </ul>		
	<p><b>Canned Fruit</b></p> <ul style="list-style-type: none"> <li>• Fruit packed in juice is a better nutrition choice than fruit in sugar syrup.</li> <li>• Use a small leak-proof container for drained fruit or try the pre-packaged fruit bowls.</li> <li>• Some children find using a fork easier than spooning up fruit.</li> </ul>		
	<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• Carrots, cucumbers, celery, broccoli or cauliflower and dip. Some children like peppers and sugar peas too.</li> </ul>		
	<p><b>Plain Granola Bars</b></p> <ul style="list-style-type: none"> <li>• 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)</li> </ul>		
	<p><b>Whole Grain Crackers and Breads</b></p> <ul style="list-style-type: none"> <li>• Look for whole wheat flour at the beginning of the ingredient list.</li> <li>• Choose lightly salted or low sodium when available.</li> <li>• Whole Wheat bread plain or spread with a little margarine is an inexpensive snack.</li> </ul>		
	<p><b>Cheese</b></p> <ul style="list-style-type: none"> <li>• Try hard cheeses like Cheese Strings, Cheddar, Swiss and Mozzarella. (Processed cheese spreads and handy snacks have too much added salt.)</li> </ul>		
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	<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Water is always a good choice. It doesn't have to be bottled.</li> <li>• 100% Fruit or Vegetable Juices, especially if they say "lower in sodium".</li> <li>• Skim, 1%, 2% or Chocolate Milk are excellent sources of calcium.</li> <li>• Use a refillable drinking box or water bottle to reduce the cost of these beverages.</li> </ul>		

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](http://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.