



SNACKMASTER

Kids need healthy snacks to meet their nutrition needs and give them the energy to play and think. Let your kids help you mix and match from the lists below. See how many fun, creative combinations you can come up with!

Combine at least two food groups from Eating Well with Canada's Food Guide for a nutritious snack.

VEGETABLES & FRUIT

Choose fresh, frozen, canned or dried fruit and vegetables.

- Apple Slices
- Orange segments
- Berries
- Applesauce, unsweetened
- Banana
- Peach
- Plum
- Raisins
- Grapes
- Pear halves
- Melon chunks
- Carrot sticks
- Red, yellow or orange peppers
- Cucumbers
- Cherry tomatoes
- Broccoli florets
- Cauliflower florets
- Celery sticks
- Jicama sticks
- _____
- _____

GRAIN PRODUCTS

Choose wholegrain products at least half of the time.

- Whole grain bread
- Mini bagel
- Tortilla
- Mini pita
- Whole-grain crackers
- Mini muffin
- Whole-grain cereal
- Pancakes
- _____
- _____

MILK & ALTERNATIVES

Children over 2 years of age may be offered lower fat milk products.

- Milk - plain or flavoured
- Yogurt - drinkable, in tubes or in cartons
- Cheese—string, cubes or slices
- Cottage cheese
- Fortified soy beverage
- _____
- _____

MEAT & ALTERNATIVES

- Peanut Butter
- Hard-cooked egg
- Nuts
- Lean deli meat
- Hummus
- Tuna
- _____
- _____

A small amount of unsaturated fat, like vegetable oil (canola, olive, soybean), nonhydrogenated margarines, salad dressings and mayonnaise, may be used in cooking and spreads.

Ideas to get started:

- Pancakes topped with applesauce and yogurt
- Cheese cubes and cut fresh fruit threaded on toothpicks
- Turkey and spinach rolled in a tortilla and sliced into pinwheels
- Fruit pieces dipped in yogurt

***For More Information contact your
Population Health Nutrition Program or Public Health Nurse***

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Dietitian Services at HealthLink BC 811

Public Health: Partners in Wellness



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