



# Plan healthy snacks!

**Healthy snacks help children meet their nutrition needs.**

- Children may need 2 to 3 snacks each day.
- Offer snacks 2 to 3 hours before meals.
- Offer at least 2 food groups from Canada's Food Guide at each snack:
  - Vegetables and Fruit
  - Grain Products
  - Milk and Alternatives
  - Meat and Alternatives
- Include a vegetable or fruit most of the time.
- Serve snacks with milk or water.



## Tasty Snack Ideas:

- Small pancakes with unsweetened applesauce
- Carrot, cucumber, celery, and pepper slices with hummus or tzatziki
- Mini cucumber sandwiches made with whole grain bread
- Guacamole or hummus with whole grain pita wedges
- Fruit with thinly spread nut butter
- Tomato and avocado slices with whole grain crackers
- Fruit slices (apple, banana, pear, peaches) with yogurt dip
- Cheese cubes and apple slices sprinkled with cinnamon
- Smoothie made with fruit and milk