

Plan Snacks



Children may need 2–3 snacks each day.

Plan 2–3 hours between meals and snacks.

Offer vegetables or fruits at each snack. Add a protein food, a whole grain food, or both.

Serve snacks with water or milk to drink.

Try these tasty snack ideas:

- Unsweetened applesauce with whole grain pancakes
- Red or orange bell pepper slices with hummus or tzatziki
- Pear slices and cheese cubes
- Mini cucumber sandwiches made with whole grain bread, and orange slices
- Carrot sticks with bean dip and whole grain pita wedges
- Apple slices with thinly spread nut butter
- Tomato and avocado slices with whole grain crackers
- Banana or peach slices with yogurt dip

Healthy snacks help children get the nutrition they need



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://aHS.ca/HealthyEatingStartsHere)

Email PublicHealthNutrition@AHS.ca