



Meals and Snacks on the Run

Sometimes there's no time to make full meals for the kids between school and activities. Life can get stressful, but eating on the run doesn't have to be. Plan ahead by stocking your fridge, cupboards, and travel bags with quick and healthy foods.

Making meals and snacks the night before can be helpful. See below for some healthy examples that are ready to grab and go.

Stock your fridge the night before with:

- Wraps or sandwiches made with whole wheat tortillas or bread, chopped vegetables, and leftover beef or chicken.
- Cut up vegetables and fruit in ready to grab containers or bags.
- Water, milk, cheese strings and small yogurts. Pack in a cooler or with an ice pack for the road.
- Hard boiled eggs that are peeled for easy eating.

Stock your activity bag with:

- Non-perishable food such as low fat granola bars, unsalted nuts, dried fruit, or dry cereal in zip top bags.
- Reusable forks, knives and spoons, napkins, and hand sanitizer.



For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>