

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Healthy After School Snacking

Whether your kids spend their after school time at home or on the way to an extra-curricular activity, they may be hungry for a snack. Planned healthy snacks will help children get the extra energy they need to grow and be active.

- Try to offer snacks at least 2 hours before a meal to prevent your child from being too full at meal time.
- Aim to choose foods from 2 of the 4 food groups from [Canada's Food Guide](#) at snack time.
- Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab on the go.
- Keep a small supply of non-perishable snacks such as un-salted nuts, pretzels, or whole grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

- Low-fat cheese to eat with whole grain crackers, mini whole grain pitas, or apple slices.
- Peanut butter spread on a whole wheat tortilla and rolled around a banana.
- Low-fat yogurt with fresh, frozen, or canned fruit.



- Pair snacks with water, milk, fortified soy beverage, or 100% fruit juice. Limit juice to ½ cup (125 mL) per day.

For more snack ideas for children, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf>

For more information about healthy snacking, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf> or

For more information on Healthy Eating, visit: <http://www.albertahealthservices.ca/2914.asp>