

Nutrition for Early Learning and Child Care

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES



Snack Ideas

Here are some healthy choices from each of the four food groups.

Vegetables and Fruit

- Raw vegetables (i.e. carrots, celery, snap peas, cherry tomatoes(sliced), broccoli, cauliflower, asparagus, turnip, bell peppers)
- Vegetable salad or coleslaw
- Fresh fruit (i.e. sliced apple, small banana, cut up grapes, mandarin orange, cut up melon, berries, pineapple, mango, kiwi)
- Frozen (thawed) fruit (i.e. top yogurt with thawed berries or add frozen fruit to smoothies)
- Canned fruit (in juice) or apple sauce (unsweetened)
- Raisins, Craisins™ or dried apricots (sliced)*

Grain Products

- Whole grain crackers
- Whole wheat pita, tortilla or naan bread
- Multigrain bagel or bun
- Corn bread
- Baked bannock
- Homemade fruit muffins
- English muffin
- Bran or oatmeal muffin
- Unsalted pretzels
- Plain popcorn*
- Pasta salad

Milk and Alternatives

- Cheese string or cut up cheese
- Cottage cheese
- Milk**
- Milk based soup
- Yogurt dip for vegetables or fruit
- Yogurt
- Frozen yogurt in a tube
- Yogurt drink
- Fortified Soy Beverage**
- Kefir

Meat and Alternatives

- Hard-boiled egg or egg salad
- Tuna or salmon salad
- Mixed bean salad
- Lentil soup
- Hummus
- Baked beans in tomato sauce
- Pieces of roast chicken, pork or beef
- Pumpkin or sunflower seeds*
- Veggie burger patties
- Peanut butter*** or alternatives; i.e. Peabutter (made from golden brown peas), SunButter™ (made from sunflower seeds), WowButter™ (made from soy beans)

*Do not give to children under the age of 4

**Reduced-fat milk (2%, 1% or skim) and fortified soy beverages can be introduced after two years of age

***Only give peanut butter or nuts if allowed (check with your child care provider)