

# SNACKS THAT MAKE THE GRADE

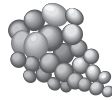
Snacks can be fun and healthy, it just depends on what foods you choose. Healthy snack choices should come from the four food groups in *Eating Well with Canada's Food Guide*. For a tour of the Guide, go to [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide). Think of healthy snacks as mini meals so vary the snacks sent each day.

## CHOOSE SNACKS THAT PACK A LOT OF NUTRITION

There are a lot of old favourites like **veggie sticks**, **fresh fruit**, **cheese cubes**, **crackers**, and **yogurt** which make wonderful economical snacks. The following are also healthy snacks that are prepackaged and easy to pop into school lunch bags.

### VEGETABLES & FRUITS

- mini carrots with low-fat dip
  - vegetable fruit boxes
  - salsa and baked tortilla chips
  - fresh fruit or dried fruit
- (Dried fruit is nutritious but can increase the risk of cavities. Make sure kids have a water bottle to rinse mouth.)
- individual fruit cups packed in its own juice
  - individual applesauce
  - 100% fruit juice boxes



### MILK AND ALTERNATIVES

- mini cheese portions (lower fat cheese, 15-20% M.F. or less)
- cheese strings
- milk/milkshakes in drinking boxes
- individual low-fat puddings and yogurts
- yogurt tubes
- yogurt beverages
- soy beverages



### GRAIN PRODUCTS

- whole grain crackers and bread
- nut-free granola bars
- popcorn (little or no butter)
- brown rice cakes
- low-fat mini muffins
- non-sugar coated cereals (corn bran, shreddies, mini wheats, whole grain O's)
- whole wheat mini bagels/mini pitas
- low-salt pretzels
- bread sticks
- cookies (graham wafers, newton bars, animal crackers, oatmeal, social teas)
- homemade nuts & bolts, cookies, muffins



### MEAT & ALTERNATIVES

- sunflower/pumpkin seeds
- trail mix
- peanut butter and/or pea butter
- hummus
- almond butter



### Note about allergies

For some children, food allergies can be very serious. Check with your school regarding food allergy guidelines that they may have in place.

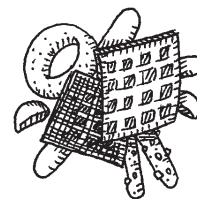
\*When buying bread, cereal, crackers and/or granola bars, look for 2 grams of fibre, less than 3 grams of fat, zero trans fat and/or less than 10 grams of sugar per serving.

Adapted and distributed by Nutrition Division, Chronic Disease and Injury Prevention from material produced by Public Health Dietitians/Nutritionists in Ontario.

# Nuts & Bolts

1 cup (250 mL) unsweetened, bite-sized whole wheat square cereal  
1 cup (250 mL) unsweetened corn or rice square cereal  
1 cup (250 mL) unsweetened toasted O's cereal  
1 cup (250 mL) round, baked, unsalted or reduced-salt pretzels  
1 cup (250 mL) small cheese sticks or square crackers (optional)

1 cup (250 mL) unsalted peanuts (optional)  
1-2 tbsp (15-30 mL) vegetable oil  
1/2 tsp (2 mL) Worcestershire sauce  
dash salt (optional)  
dash garlic powder



1. In a large oven-proof bowl add whole wheat squares, rice or corn squares. Finish with toasted O's on top.
2. Mix oil, Worcestershire sauce, salt, and garlic powder.
3. With toasted O's on top, pour oil mix over cereal and toss well.
4. Place bowl in 350 °F (180°C) oven.
5. Toss every 5 minutes until crisp or approximately 25-30 minutes. KEEP CLOSE TO THIS BECAUSE IT CAN EASILY BURN.
6. Let cool. Stir in pretzels, crackers, and peanuts.
7. Store in an airtight container.

*Adapted from materials provided by the Dairy Farmers of Ontario*



## Cranberry Oatmeal Cookies

Brought to you by Dietitians of Canada  
Preheat oven to 350°F (180°C)  
baking sheets, greased

1 cup (250 mL) all-purpose flour  
1/4 cup (50 mL) wheat bran  
1/2 tsp (2 mL) baking powder  
1/2 cup (125 mL) margarine  
1/2 cup (125 mL) granulated sugar

1/2 cup (125 mL) brown sugar  
1 egg  
1 tsp (5 mL) vanilla  
1 cup (250 mL) quick-cooking oats (not instant)  
1/2 cup (125 mL) dried cranberries

1. In a small bowl, combine flour, wheat bran, and baking powder. Set aside.
2. In a medium bowl, cream together margarine, granulated sugar and brown sugar until light and fluffy. Add egg and mix well; stir in vanilla. Add flour mixture and blend thoroughly. Stir in oats and cranberries.
3. Drop heaping teaspoons of cookie dough on prepared cookie sheets, about 2 inches (5 cm) apart. Bake in preheated oven for 10 to 12 minutes or until edges are lightly browned.

*For more fast and easy recipes, pick up a copy of the new Great Food Fast cookbook, published by Robert Rose and written by Lynn Robin, RD, and Bev Callaghan, RD, available at a library or bookstore near you.*

## Fruit Parfait

1 cup (250 mL) fruit (any fresh, canned or frozen)  
3/4 cup (175 mL) yogurt, any flavour, 2% MF or less  
1/3 cup (30 g) Bran Buds™ cereal



1. Wash the fruit under cool tap water if you are using fresh fruit. Do not rinse canned or frozen fruit.
2. Cut fruit into bite-sized pieces or slices using a knife and cutting board.
3. Place some cut up fruit at the bottom of a bowl or glass. Use a spoon to cover the fruit with half of the yogurt. Then, sprinkle with half the cereal.
4. Add another layer of fruit, the rest of the yogurt and top with the remaining cereal.
5. Use a clean spoon to eat your layered parfait. Enjoy!

*Adapted from the Community Food Advisor recipes.*