

# Healthy Snacks

## Great Eating Ideas

- Apple or pear slices, cheese cubes and whole-wheat crackers
- Oatmeal muffin, banana slices and milk
- Carrot sticks, pita bread slices and yogurt dip
- Ham/chicken/turkey tortilla wraps and cucumber slices
- Orange wedges, animal crackers and cheese cubes
- Applesauce sprinkled with cinnamon on whole-grain toast and milk
- Fruit shake and dry non-sugar-coated cereal
- Mini pita stuffed with tuna or egg salad and apple juice
- Waffles, sliced peaches and peach-flavoured yogurt
- Bagel with peanut butter\* and milk
- Trail mix (non-sugar-coated cereals with dried fruits\*\*) and milk
- Bran muffin, grapes and chocolate milk
- Fruit salad with yogurt topping and rice cake
- Bannock, fresh fruit and milk
- Mini pita pizzas
- Non-sugar-coated cereal, banana slices and milk
- Celery with cheese spread or peanut butter\* and soda crackers
- Grapes, graham crackers and milk
- Hard-boiled egg, rye toast and orange juice
- Oatmeal cookie, apple slices and milk
- Raw vegetables, pita bread slices and hummus dip
- Salmon salad on whole-wheat hotdog bun and milk
- Banana loaf, banana slices and milk
- Vegetable juice, whole-grain crackers and cheese cubes
- Mini bagels or buns with melted mozzarella cheese and red/green pepper sticks
- Yogurt mixed with fresh fruit or applesauce and bread sticks

**NOTE:** Texture of foods might need to be altered for different ages of children (grate or slice raw vegetables and fruit thinly, cut grapes in half, spread peanut butter thinly).

\*Do not offer if there is a nut allergy.

\*\*Dried fruit sticks to your teeth – remember to brush your teeth afterwards.

## **Offer water regularly to children**

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Developed by Winnipeg Regional Health Authority Community Nutritionists, 2003