

# Snack Cupboard

## What makes a healthy snack?

Healthy snacks are **nutrient dense**, meaning that each bite contributes to a child's overall healthy intake for the day. Snacks with lots of vitamins and fibre are good choices. A healthier snack should contain at least one serving from two food groups of Canada's Food Guide. For example, a boiled egg with some grapes would represent two food groups. For more information on Canada's Food Guide visit: [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

As children grow and make their own food choices, it is important to have the healthy options available for their selection. Snacks should pack lots of nutrition in a quick tasty bite.



# The Healthier

## Why do kids need snacks?

Children need snacks throughout the day to stay active, learn well and keep growing. Snacking is an important part of healthy eating for growing children. Because their stomachs are small, children are not able to eat a lot of food at once. Snacks bridge the gap between meals. Also, a hungry child can become cranky and find it difficult to concentrate. Healthy snacks give our children the energy they need for learning and play.



Please post this in a handy location, such as on the inside or outside of your cupboard.

**Yukon**  
Health and Social Services



# Snack Choices for your Cupboard Shelves

## Tips for Parents

- Snacks should be offered two hours before meals.
- Limit snacks to a small portion so they do not interfere with meals.
- Prepare snacks such as muffins, trail mixes, and pancakes on the weekend when you may have more time.
- Write a healthy snack list with your child and post it on the fridge.
- Consider children's teeth when planning snacks. Foods that stick to teeth, like raisins, can cause cavities.
- Set-up a healthy snack shelf or drawer in the cupboard and refrigerator. Package food in snack-sized portions so kids can grab and munch.
- Teach microwave safety. Generally third graders are able to use the microwave safely. Review and practice opening and closing the door, turning it on and off, reading package instructions, setting the cooking time and temperature controls and the understanding of the longer something cooks, the hotter it gets.



## Vegetables & Fruit

- Fresh fruit or vegetables washed and cut for easy munching
- Dried vegetables and fruit. Choose raisins, Craisins®, berries or other dried fruit
- Canned fruit packed in juice or unsweetened apple sauce
- Juice boxes ~ 100% juice or 100% juice blend
- Sun-Rype® Fruit Source™ or Fruit Source™ Plus Veggie fruit bars
- Flat Earth® Peach Mango Paradise, Tangy Tomato Ranch Fruit or Vegetable Crisps
- Christie® Fig Newtons



## Grain Products

- Nature Valley® Crunchy Granola Bar ~ Apple Crisp
- President's Choice® Multigrain Alphabet Pretzels or Waffle Pretzels
- Cereal ~ General Mills Cheerios® ~ Plain, Honey-Nut or Multi-Grain, Quaker Oat Bran Life®, Kellogg's Raisin Bran®, Kellogg's Harvest Fruit Muslix® and Regular Quaker® Instant Oatmeal
- Cereal Bars ~ Kellogg's All Bran®, Kellogg's Two Scoops® Raisin Bran and Quaker® Oatmeal-to-Go
- Whole grain buns, tortillas, pitas and bagels. Try Dempster's® 12-Grain bread or Dempster's® Everything bagels
- Christie Triscuit® crackers
- Plain popcorn



## Meat & Meat Alternatives

- Tuna packed in water
- President's Choice® Peanut Butter ~ Organic smooth
- Dan-D Pak™ ~ Dragon Boat Mix
- Blue Diamond® ~ Smokehouse® Almonds



## Mixed Foods

- President's Choice® Blue Menu™ Instant Soup ~ Barley Vegetable, Low-Fat Vegetarian, Spicy Thai Low-Fat
- Subway® ~ Veggie Delight® 6-inch sandwich



## Selecting Healthy Snacks

Busy parents will be pleased to learn that convenience products can be healthy. We have used the *Guidelines for Food and Beverage Sales in BC Schools* to recommend snack choices for *The Healthier Snack Cupboard* and *Cool Snacks!* resources. These resources identify *specific* products that meet nutrition criteria. These choices are not the only healthy choices for your children. However, parents and caregivers should be aware that not all snack foods are created equally. For more information on these guidelines, visit [www.bced.gov.bc.ca/health/guidelines\\_sales.pdf](http://www.bced.gov.bc.ca/health/guidelines_sales.pdf). To get nutrition information on other snack choices go to [www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca).

