

SUPER TASTY SNACK IDEAS!

Plan snacks that offer foods from two or more food groups. Include a vegetable or fruit at each snack.



Grain Products

- Baked tortilla crisps with fresh salsa
- Toasted whole wheat bagel with peanut butter* and banana slices
- Pancakes topped with unsweetened applesauce
- Whole grain cereal with milk and fresh fruit
- French toast with puréed strawberries
- Fruit Quesadilla – whole wheat tortillas, apple slices, shredded cheddar & drizzled with yogurt
- Toast fingers dipped in applesauce and a sprinkle of cinnamon
- Pumpkin pancakes (add one cup of canned pumpkin purée, 1 tsp of allspice, 1 tsp cinnamon, and ½ tsp ginger to your regular pancake recipe)
- Veggie pizza on naan bread or Greek pita
- A mix of dry cereals with a side of fruit
- Whole wheat waffles with blueberries
- Mini bagels with melted cheese & tomato
- Oatmeal with grated apple and cinnamon
- Banana bread with honeydew cubes
- Melt cheese between two whole wheat tortillas, cool, cut into strips and dip in salsa
- Whole wheat tortilla spread with soft margarine, sprinkled with cinnamon and rolled up. Serve with a side of fresh fruit.

Vegetables and Fruit – go for colour and variety

- Kale chips (remove large vein, cut kale into pieces, spray lightly with canola oil. Bake at 350° for 10 min. or until crisp). Serve with sliced cheese
- Apple wedges and peanut or soy butter*
- Steamed broccoli with parmesan cheese
- Applesauce with breadsticks to dip
- Canned peaches on oatmeal
- Apple slices with grated cheddar and a sprinkle of cinnamon – microwave until melted
- Veggie roll ups (whole wheat tortilla spread with hummus and grated vegetables)
- Tiny baked potato with grated cheese and salsa



Milk & Alternatives

- Mix plain yogurt with peanut or soy butter* as a dip for fruit
- Yogurt parfaits (layer yogurt, chopped fruit, and whole grain bran cereal in a clear cup)
- Kefir (a yogurt drink) with fruit
- Cottage cheese with pear slices
- Homemade fruit and yogurt popsicles (Blend together yogurt or milk and fruit and freeze in popsicle holders)
- Cheese strings with raw fruit or vegetables
- Tropical smoothie (Blend banana, milk and frozen mango or pineapple)
- Cinnamon yogurt dip (plain yogurt with a dash of cinnamon and maple syrup) and strawberries
- Tzatziki (yogurt, grated cucumber & garlic) with raw vegetables



Choking Hazards

Young children are still developing their eating skills. This puts them at a higher risk of choking. Be aware of high risk foods like whole nuts/seeds, popcorn, raisins, chunks of nut butter, hard vegetables and fruit, and hotdogs.

To decrease the risk:

- For hard vegetables and fruit, grate, thinly slice or cook until soft.
- Cut grapes and cherry tomatoes into quarters.
- Finely chop celery and pineapple.
- Thinly spread nut butters, such as peanut butter, on crackers or toast

Meat & Alternatives

- Hummus (chickpea dip) with pita and veggies
- Tuna mixed with ricotta cheese, spread on whole grain crackers with zucchini sticks
- Cubed firm tofu and berries
- Salmon salad mixed with grated cucumber and carrot stuffed into mini pita pockets
- Egg or tuna salad on a whole wheat bun with fresh vegetables
- Hard boiled egg with toast and orange wedges
- Lentil salad (mix lentils, green onions, chopped tomatoes and parsley, add a little Italian seasoning and mix.)
- Deviled egg with tossed salad
- Pasta salad with chicken or tuna and veggies
- Bean salsa with whole wheat pita crisps (combine 1 can of black beans, 3 diced tomatoes, 2 green onions finely chopped, 1 Tbsp. olive oil, and 1 Tbsp. of lime juice)
- Whole grain tortilla spread with nut* butter, rolled around a banana and sliced
- Bean dip with veggies and roti wedges (purée a can of white beans, a garlic clove, 1 Tbsp. olive oil, 1 ½ Tbsp. lime juice, a sprinkle of basil, thyme and pepper)
- Chickpea and sweet potato dip with flatbread (Combine in a blender: 1 cooked sweet potato, 1 can chickpeas, 1/4 c water, 4 Tbsp. lemon juice, 1.5 Tbsp. brown sugar, 1 large garlic clove, 3 Tbsp. olive oil)



* Note: Some centres may be peanut/nut free due to allergies.