

# Snacks for school

## Snack ideas:



Grapes



Cheese



Carrot



Hummus



Hard-boiled egg



Céleri



Homemade muffin



Yogurt

Choosing vegetables and fruit according to seasons and discounts

When I'm thirsty, I drink water!

After a snack, rinse his mouth with water to reduce the risk of cavities.

2 minutes at least  
2 times a day

Fluoride toothpaste

## **Vegetable and fruit suggestions:**

Banana, blueberry, broccoli, carrot, celery, mushroom, cauliflower, clementine, cucumber, zucchini, strawberry, raspberry, bean, melon, blackberry, orange, peach, pear, bell pepper, apple, grape, cherry tomato, fruit salad, unsweetened fruit compote, canned fruit with no added sugar, etc.

## **Suggestions for foods with protein:**

Cheese, hard-boiled egg, legume-based dip (e.g. hummus) or tofu, legumes (e.g. soy/edamame beans, roasted chickpeas), milk, yogurt, soy beverage.

## **Food suggestions with whole grains:**

Bagel, crackers, homemade muffin, bread, mini naan, mini pita, homemade patty, whole-grain dry cereal.

**Peanut and nut free**

## **Respect your child's appetite**

A child's appetite can change from one day to the next, and from one snack to the next.

## **Planning snacks**

Ask your child about his tastes and appetite. Make a list of 10 to 15 favorite snacks.

## **Preserving food**

Use an (ice pack) to keep food fresh.

Use easy-to-open, reusable or recyclable containers.

## **Discuss food allergies**

Talk to your child about allergies and tell him or her not to share snacks.