







SNACK TIME

With all the choices, time constraints and the stress of packing a snack, here are some tips and suggestions to help navigate a possible “snack challenge”

Snack Time Tips:

-  If possible, try to avoid packaged or processed foods containing high sugar (no more than 10% of calories from sugar) high salt, food dyes and hydrogenated oils.
-  Fresh fruit is healthier and tastier than fruit bars
-  Juice is not required; we prefer that you send your child with water.
-  Please cut fruit and veggies such as grapes & cherry tomatoes in half and carrots in match sticks.
-  Please consider portion size. Most kids have had breakfast or lunch before coming so they aren't too hungry. Think 2 apple slices, 3 whole grain crackers & a piece of cheese per child. They only have 10-15 minutes for snack time.
-  Talk to your children; make them participate in the snack selection so they enjoy the foods they have at snack time.

SNACK SUGGESTIONS:

- ✓ Cut grapes and home made whole wheat mini muffins
- ✓ Sliced carrots, cherry tomatoes and multi grain crackers
- ✓ Sliced apples and cheese with strawberries
- ✓ Celery sticks with cream cheese and raisin ants
- ✓ Mini bagels with cream cheese and some black berries
- ✓ Hummus, crackers and blueberries
- ✓ Yogurt tube, pretzels and cut up oranges

