

Super Snacks

A healthy snack includes at least 2 different food groups from Canada's Food Guide – aim for one from the vegetables and fruit food group

– NUT AWARE –

Little Dippers

celery, carrots, cauliflower, broccoli, peppers, cucumbers, mushrooms, snow peas, zucchini, cherry tomatoes with tzatziki or hummus dip

Fruity Kabobs

bite-sized pieces of apples, oranges, bananas, peaches, blueberries, melon, pears, plums, strawberries, mangoes with yogurt for dipping

Sushi Rolls on the Go

kappa-maki (cucumber) rolls

Applesauce Swirls

swirl or lightly stir yogurt and granola into applesauce

Wrap 'n Roll

whole wheat tortilla spread with cream cheese, sprinkled with grated carrot and sunflower seeds, rolled and cut into 2 cm (1 inch) pieces

Crazy Cones

waffle cones filled with fruit pieces

Fantastic Fish

baked bannock or whole grain crackers topped with (canned) salmon or shrimp on a piece of lettuce

olé Taco

soft taco with bean dip and diced tomato

Cruñch & Muñch

cheese chunks and apples or applesauce

Power-Packed Snack

hard-boiled egg and sliced avocado, tomato or cucumber

Cruñchy Yogurt

yogurt or kefir and granola and berries

Banana Dogs

whole wheat hot dog bun with sesame or pea butter and peeled banana

Pita Points

toasted with hummus, salsa, or tzatziki

Chuncky Chaps

cooked sweet potato chunks and chapatti

Mini-Sandwiches

whole grain crackers for the top and bottom filled with cheese and sliced cucumber

Breakfast Anytime

whole grain cereal and dried, unsweetened fruit mix

Mix it Up

toasted unsalted soybeans, unsalted popcorn, chickpeas, sunflower or pumpkin seeds, edamame beans and dried seaweed

Rollin' Roti

dipped in dal



Action Schools! BC