

Snack Ideas

– Nut Free–

Healthy snacking throughout the day maintains energy for growing, learning and playing.



Raw Vegetables

celery, carrots, cauliflower, broccoli, green peppers, green beans, cucumbers, mushrooms, zucchini, cherry tomatoes

Fresh Fruit

whole or cut in slices or halves – apples, oranges, bananas, peaches, melons, pears, plums, strawberries, mangoes, blueberries

Dried Fruit

with no added sugar

Dried salmon or seaweed

with whole-grain crackers or bannock

Snack mixes – nut free

made with popcorn, whole grain cereal, or dried fruit

Fresh, Frozen or Canned Fruit

with yogurt or cottage cheese

Homemade muffins*

Cheese

and whole-grain crackers

Mini fruit kabobs

100% Fruit Juice

with no sugar added

Pita points or naan

toasted in the oven, with hummus or salsa

Whole wheat raisin bread

with sesame butter or cheese

Hard boiled eggs

Whole wheat tortilla

rolled with cream cheese, hummus and/or vegetables

Whole-grain dry Cereal

with low sugar content and dried fruit with no added sugar

Toasted pumpkin seeds, sunflower seeds or chickpeas

Applesauce

or other unsweetened fruit cups

Mini plain rice cakes

with cheese, sesame butter, or cream cheese

Chunks of cooked sweet potato

Fig bars



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*Refer to Bake Better Bites: Recipes and Tips for Healthier Baked Goods at www.healthyeatingatschool.ca