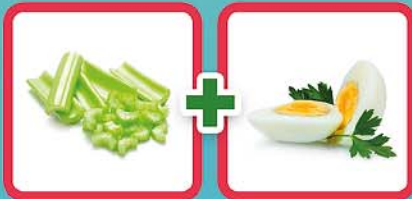


# Healthy School Snack Ideas

Choose fruits and vegetables based on the season and discounts.

When I'm thirsty, I drink water!



## Fruits and vegetables suggestions

Apricots, pineapple, avocado, bananas, blueberries, broccoli, carrots, celeries, cherries, cloudberries, cauliflower, clementines, cucumber, zucchini, strawberries, raspberries, beans, kiwis, mango, melon, blackberries, turnip, nectarines, oranges, grapefruits, peaches, pears, snow peas, bell peppers, apples, plums, white turnip, radishes, grapes, cherry tomatoes, unsweetened fruit puree, canned unsweetened fruits, frozen fruits, etc.

## Protein foods suggestions

Cheese, hard-boiled egg, legume-based dip (hummus) or tofu, legumes (edamames, roasted chickpeas, Lima beans, etc.), yogurt, milk, etc.

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## Did you know?

Most children do not eat enough fruits and vegetables.

Nearly 4 out of 10 kindergarten children have cavities.

Healthy snacks contribute to:

- Meeting nutritional needs;
- Regular growth.

Healthy snacks are favourable for:

- Concentration in class;
- Good oral health.

## Recommendations

### Hunger and Satiety

Growing children often need snacks, even though it is not mandatory. The general rule is always to listen to their hunger: serve portions that respect each child's varying needs.

### Environment

Opt for easy to open, recyclable or reusable containers.

### Conservation

Use an ice pack to keep food cool.

### Food Allergies

Follow the recommendations issued by the teacher at the beginning of the school year and, most importantly, avoid sharing snacks.

Dental floss is an essential addition to brushing.

**2 MINUTES** at least **twice** a day

