



## Junior Kindergarten

# Snack Suggestions



### Tips For Feeding Preschoolers

Please send a lunch kit labelled with your child's name and ensure it includes an ice pack. A healthy snack should include at least two of the three food groups (vegetables and fruits, protein, and whole grain foods). This helps your preschooler to meet their nutritional needs.

### Examples Include:

Fresh fruit	Sliced meat
Veggies and hummus or dip	Boiled eggs
Cheese and crackers	Half a sandwich
Yogurt cups	Bagel with cream cheese
Pretzels	Healthy baked goods
Pickles	

### Good To Know

#### BITE-SIZED

Cut your child's food into bite-sized pieces to avoid choking.

- Cut grapes and cherry tomatoes into quarters.
- Cut hard, raw vegetables into narrow strips.

#### WATER

Offer water to drink at and in-between meals and snacks, especially when preschoolers are active, and when the weather is hot. No juice boxes please.

#### RESOURCES

- <https://food-guide.canada.ca>
- <https://healthycanadians.gc.ca>
- <https://www.dietitians.ca>