



Kindergarten Snack Suggestions



Tips For Building Great Snacks

A healthy snack should include at least two of the three food groups (vegetables and fruits, protein, and whole grain foods). This helps your child to meet their nutritional needs and fuel their bodies for learning and play.

Examples Include:

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|---------------------------|--------------------------------|
| Fresh fruit (sliced) | Sliced meat paired with cheese |
| Veggies and hummus or dip | Boiled eggs |
| Cheese and crackers | Half a sandwich |
| Yogurt cups | Bagel with cream cheese |
| Pretzels | Healthy breakfast bars |
| Pickles | |

Choosing Snack Containers

There are snack containers that offer spaces for sections of snacks to be packed for school. They offer choice for the children and reduce the amount of garbage for the environment. We request that you pack snacks in reusable containers. Remember to cut your child's food into bite-sized pieces to avoid choking.

Water And Water Bottles

Water is excellent to hydrate the body and nourish our brains. Have a small thermos style water bottle at school everyday for snack time and lunch.

RESOURCES

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