

HEALTHY SNACKS AND LUNCHES

Smart snacking can help children meet daily nutrient requirements that may be missed at mealtimes. Children need snacks, or mini meals to help them get enough calories (energy) throughout the day. So, choosing healthy foods that add nutrients to their diets is essential.

Snacking Tips

- To avoid weight gain keep portions small.
- Plan ahead and buy healthy snacks at the supermarket.
- Provide kids with snack choices and make the choices you offer reasonably nutritious.
- Pre-portion your child's snacks into small plastic bags.
- Designate an area in your cupboards for healthy snacks.
- Combine snacks from at least two food groups like a protein and a carbohydrate.

SCHOOL LUNCHES

Packing a healthy school lunch is not as difficult as you may think. Here are some ideas to help you in deciding what healthy foods to pack.

Lunch Menu Ideas

- Roll up sandwiches
- Pasta salad
- Fruit Salad
- Tuna on whole wheat
- Green salad with dressing on the side
- Hard boiled eggs
- Half a bagel with low fat cream cheese and a face made of raisin eyes, cashew nose and an apple smile