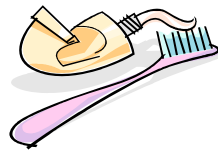


SCHOOL SNACKS

The best snacks for school are . .

- ☺ Appetizing
- ☺ Nutritious, contributing to your child's daily caloric intake.
- ☺ Chosen from the groups "fruits and vegetables" and "milk products" of the Canada's Food Guide.*
- ☺ Good for your teeth, so as to prevent decay.
- ☺ Light, so as to not spoil their appetite.
- ☺ Easy to eat.

- Visit www.santecanada.gc.ca/guidealimentaire to learn more about the new Canadian Food Guide



Great snacks for home

Certain nutritious foods such as dried fruits, whole grain crackers and bread, homemade fruit bread, lightly sweetened whole grain cereal and popcorn are good snacks but they'll stick to your teeth. Consequently tooth decay is more likely to occur. Other foods such as 100% pure fruit juice, which is sweetened naturally, canned fruits in syrup and sweetened fruit purées also favour tooth decay because of the acidity and the sugars that they contain.

Therefore, they are better choices for home snacks where it is possible to brush your teeth.



All nuts and peanuts are good choices for snacks. They contain high levels of protein, vitamins, minerals as well as healthy fats. Unfortunately, bringing some to school can be a real danger for students who are allergic to them.

Please consult your school's policy with regards to nuts and peanuts as well as any other types of food that may contain them.

SUGGESTIONS FOR SCHOOL SNACKS

VEGETABLES

Depending on the season, raw,
cooked or juice

- Asparagus, slightly cooked
- 
- Peeled avocado
- Beets – regular or marinated
- Raw brocco-flower
- Raw broccoli
- Raw carrots
- Celeri, with or without cheese spread
- Mushrooms
- Bite-size Chinese cabbage
- Brussel sprouts, slightly cooked
- Shredded green or red cabbage
- Raw or lightly cooked cauliflower – white, orange or purple
- Cucumber
- Zucchini
- Bite-size raw fennel
- Canned mini corn cobs
- Raw turnip, rutabaga
- Raw yellow, red, green, orange, purple or white pepper
- Radishes
- Raisin or cherry tomatoes
- Tomato juice
- Vegetable juice
- Carrot juice

FRUITS

Fresh in season, canned in its
own juice or puréed

- Fresh apricots
- Pineapple pieces
- Banana
- Cherries, ground cherries
- Clementines
- Peeled fresh figs
- Strawberries
- Peeled kiwi cut in quarters
- Rinsed canned lichees
- Mandarins
- Mango or other exotic fruit
- Watermelon, honey dew, cantaloupe
- Nectarines
- Oranges
- Peeled grapefruit
- Peaches
- Small fruits such as blackberries, blueberries, raspberries
- Pears – any variety
- Apples – any variety



* Prevent fruit or
avocado from turning brown
by dipping them in apple or
lemon juice

- Prunes
- Grapes
- Canned fruit in its own juice
- Apple sauce or other puréed fruit that has no added sugar

MILK

± other alternatives

- Milk
- Flavoured milk
- Yogourt drinks
- Fresh cheese with fruit (Minigo, Danimo)
- Cheese
- Yogourt
- Dips made with plain yogourt, ricotta or other cheeses
- Smoothies & homemade milk shakes made with fruit



Milk &
yogourt are good for
your teeth. However,
when buying milk
products, choose the
ones that contain the
least amount of sugar.