

MANGO Mania WEEK #1

What is a healthy snack?

Think of snacks as “mini meals” that provide a major source of the essential vitamins and minerals that children need to grow and develop over the years.

Snacks provide children with the energy and nutrients they need to learn and play at school. Without enough energy from food, they may feel tired and find it difficult to concentrate in class. Just like adults, if tasty healthy foods are not available when they are hungry, the chances that they will reach for unhealthy food is greater.

A healthy snack for children should include:

- Foods from at least two of the four food groups from the Canada’s Food guide
- Foods that are lower in fat, sugar and salt
- Foods that are safe to eat: right temperature and free of bacteria

Some of the Mango favorites:

- Carrots and green pepper sticks with hummus
- Cheese and whole wheat crackers
- Greek yogurt and bananas

Use the following examples to make your own Mix and Match:

Veggies and Fruit:

- Pepper strips (red, green, yellow)
- Snow peas or sugar snap peas
- Peach or kiwi slices
- Cherry tomatoes
- Melon balls
- Banana
- Carrot or zucchini sticks
- Cauliflower and broccoli trees
- Sliced oranges or apples

Grain Products

- Whole grain crackers
- Small homemade muffin
- Whole wheat English muffin
- 1/2 pita bread
- Rice cakes
- Whole wheat bread
- 1/2 whole wheat bagel
- Cold or hot cereal
- Granola or cereal bar

Milk and Alternatives

- Yogurt
- Yogurt dip (ex: tzatziki)
- 2%, 1% or skim Milk
- Cheese cubes or cheese string
- Fortified soy beverage

- Cottage or ricotta cheese
- Kefir
- Soy yogurt or yogurt drink
- Greek yogurt

Meat and Alternatives

- Roasted chickpeas
- Nuts or seeds (if allowed in school)
- Soy butter (Wow butter)
- Hummus (tahini and ground chickpea dip)
- Roast beef or turkey roll-ups (low sodium < 320 mg/30 g)
- Hard cooked egg
- Tuna or salmon flakes
- Steamed soybeans (edamame)
- Ham slices (low sodium < 320 mg/30 g)

Adapted from: *Eat Right Ontario; Packing Healthy School Lunches*,
<http://www.eatrightontario.ca/en/Articles/Frequently-Asked-Questions/Packing-Healthy-School-Lunches-and-Snacks-FAQs.aspx>