

Scrumptious Snacks!

School approved snack ideas

Snacks are a great way to help your child stay energized and provide nutrients for growth and development. The [Canada's Food Guide](#) recommendations can help to choose snacks that are nutritious and tasty.

Tasty and fun snacks ideas:

- Veggie sticks such as peppers, carrots or snap peas with hummus or tzatziki.
- Whole fruit such as apple, pear, or banana with unsalted sunflower seeds.
- Plain popcorn and unsweetened apple sauce.
- Whole grain crackers with guacamole.
- Half a tuna or egg salad sandwich on whole grain bread or a bagel.
- Yogurt with strawberry slices.
- Cheese cubes and grapes.

Using food labels can help with packaged snacks.

Food labels can help you compare and choose healthier packaged foods such as granola bars, crackers, and yogurt. Check the ingredient list to see if any ingredients in the product are not safe to send to schools (e.g., peanuts, tree nuts).

For more information visit: [Use food labels - Canada's Food Guide](#)



For more information visit [peelregion.ca](https://www.peelregion.ca)