

# Bulletin: All Star Snacks for Active Children

## Here are some ideas for healthy 'after game' snacks:

- Water
- Fresh fruit: bananas, apples, berries, melon slices or cubes, sliced oranges, grapes, strawberries, peaches, plums, etc. (Tip: Frozen grapes or berries are refreshing and delicious!)
- Vegetable sticks, rings, or pieces
- Fruit kabobs (skewered on straws)
- Yogurt in a tube (e.g. refrigerated or frozen)
- White or chocolate milk, skim or 1% (Tip: freeze chocolate milk in a Dixie™ cup with a Popsicle™ stick in the centre)
- Whole grain pretzels or popcorn
- Fruit-sicles (e.g. made with 100% fruit juice or frozen yogurt)
- Whole grain crackers with cheese slices or cheese string
- Fruit bars (e.g. whole grain Fig Newtons™)
- Hummus and mini whole wheat pita or bread sticks
- Unsweetened applesauce or apple blend
- Low fat milk pudding
- Homemade trail mix. Try a peanut-safe version by mixing whole grain cereal, whole grain pretzels, dried apricots, and raisins
- Fruit and cheese kabobs, alternating grapes, cheese cubes, and strawberries
- Mini muffins are always a big hit. Make low-fat banana or blueberry muffins with whole wheat flour and bake in mini muffin tins. Allergy note: there is a potential for baked goods to be cross-contaminated with nuts.

## Healthy Snack Checklist

Before you pack snacks for your kids and the team, review this list.

- Peanut-safe** - no peanuts, peanut butter, or foods in contact with "may contain" peanuts
- Food safety** - prepare the food on clean surfaces with clean hands and utensils, pack in a tight container, use ice packs, and insulate to keep cold foods cold
- Nutritious** - try vegetables, fruit, whole grains, lower fat milk and alternatives, and lean meat and alternatives
- Water** - active kids need to stay hydrated
- Food allergies** - please avoid the following foods/ingredients: \_\_\_\_\_  
\_\_\_\_\_

