

# Bulletin: Quick and Healthy Team Snacks

In a hurry? No problem. If your schedule does not permit time to prepare snacks for the team, stop at the grocery store and look for:

- Fruit is a simple snack that meets the quick and easy requirement. Grab apples, bunches of bananas or clusters of grapes, rinse well, and you are ready to go
- Cheese strings
- Yogurt tubes (cold or frozen)
- Individual containers of cottage cheese, yogurt, or fruit (with plastic spoons)
- 2L cartons of 1% MF chocolate milk (and plastic glasses for serving)
- A package of whole grain fruit bars
- Mini juice boxes (125mL boxes of 100% fruit juice)
- Whole grain crackers
- Low-fat pudding made with skim milk (look for less than 2g of saturated + trans fat, and 5% or higher DV for calcium)
- Vegetable Cocktail (156 mL cans)

Try these:	Instead of:	Nutrition gain:
Low fat and high fibre granola bars.	Cereal marshmallow squares	More protein, fibre, iron, calcium, and healthy sources of fat. Less sugar and saturated fat.
Water and 100% fruit juice in mini juice boxes (125 mL).	Sugar-sweetened beverages	More vitamin C and calcium. Less sugar.
Whole grain fig-filled bars.	Chocolate chip cookies	More Fibre. Less sugar and saturated fat.
Unsweetened applesauce cups, or fruit canned in juice (fruit cups).	Jelly fruit juice cups	More vitamin C and iron. Less sugar.
Fresh fruit (grapes, watermelon, oranges, bananas).	Gummy fruit snacks	More fibre, vitamins, and minerals. Less sugar and fat.
Whole wheat or whole grain breakfast pitas, cut in half.	Donuts	More fibre, iron, and calcium. Less sugar and fat.
A variety of crunchy, whole grain cereals, mixed and served in baggies or cups.	Premade snack mix	More fibre, iron, and calcium. Less sugar, fat, and sodium.
Yogurt tubes, frozen.	Freezer pops or Freezies	More protein, calcium, and vitamins A & D. Less sugar.

## Are 100-calorie snack packs a healthy choice?

Most 100-calorie snacks are highly processed and lack many of the nutrients children need. For 100 calories, children could enjoy 1 small apple and 1oz. skim milk cheese (7% MF cheese); 7 baby carrots with 2 tbsp. hummus; 1 cup of lower fat milk; 1 low-fat yogurt cup with ½ cup blueberries; celery sticks topped with two portions of Laughing Cow Cheese, or; ½ a red bell pepper, a medium carrot, and a a cheese string.

## 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 or “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: \_\_\_\_\_