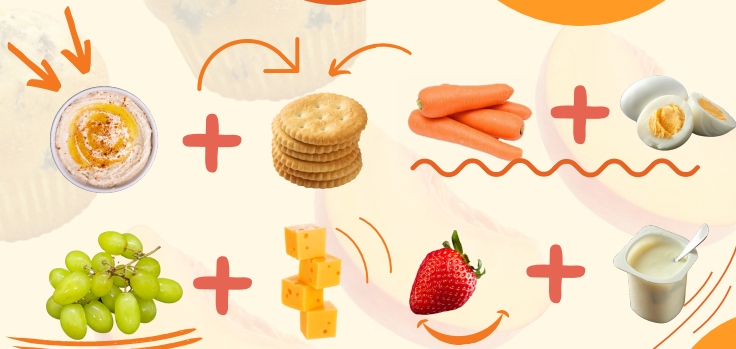


# Healthy school snack ideas

When I'm thirsty, I drink water!

Choose fresh foods, homemade snacks and minimally processed foods with short ingredient list!



Dental floss is a complement to tooth brushing

Rinse mouth with water at the end helps to reduce the risk of cavities

**2** minutes at least times a day  
fluoride toothpaste



## Did you know?

### Snacks help :

- keep us moving and energized
- growth
- good concentration in class
- good dental health

## Recommendations

### Hunger and fullness

Children are still growing and often need a snack, although it's not compulsory. The rule remains respect for hunger : serve portions adapted to the varying needs of each child.

### Environment

Choose containers that are easy to open, reusable or recyclable.

### Conservation

Use an ice pack to keep food cool.

### Food allergies

Make your child aware of different food allergies and remind him or her to avoid sharing snacks.

## Vegetable and fruit suggestions

pineapple, banana, blueberry, broccoli, carrot, celery, cherry, cauliflower, clementine, cucumber, strawberry, raspberry, kiwi, mango, melon, blackberry, orange, peach, pear, bell pepper, apple, plum, grape, tomato, unsweetened fruit compote, canned fruit with no added sugar, frozen fruit, etc.

## Whole-grain food suggestions

bagel, cracker, homemade muffin, bread, mini naan, mini pita, homemade cookie, homemade soft bar.

## Protein food suggestions

cheese, hard-boiled egg, legume-based dip (hummus) or tofu, legumes (edamame, roasted chickpeas, beans, etc.), yogurt, milk, nuts and seeds (if permitted by the school) (almond, pecan, hazelnut, pumpkin seed, etc.)