

---

# Snack Ideas

---

We believe it is important to foster a healthy eating style from a very early age. We need to take special care in how we fuel our active developing children.

Remember the old saying “you are what you eat”. Due to the high consumption of fast and processed foods, the rates of childhood diabetes and early onset heart disease are on a very unfortunate rise amongst children today.

We can easily prevent this in our own children by getting back to basics; providing foods as close to their natural forms as possible, and eliminating foods that contain empty calories, high amounts of sugar, and bad fats.

It can sometimes be intimidating trying to come up with snack ideas where there are restrictions such as nut free and dairy free due to allergies. It is actually easier than it seems!

Here are some ideas that may help:

## Healthy Snack Ideas

- Mini blueberry pancakes
- Yogurt
- Crackers (such as Grains First, whole grain crackers) and cheese
- Veggies and dip
- Fruit pieces ~ it is sometimes nice to have yogurt as a dip for fruit  
\*remember to cut grapes in half
- Berries
- Yogurt and homemade granola
- Chips and mild salsa
- Tortilla roll-ups with cream cheese +grated cheese; cream cheese + meat + grated cheese + throw in some thinly sliced veggies. Serve melted in the oven, or not
- Pepperoni sticks
- Cold pizza
- Celery with cream cheese inside, and raisins on top
- Unsweetened applesauce

NB.

1. Please insure all snacks are made in a **nut free facility**
2. Try to use whole grain flours and products as much as possible.
3. Substitute “Stevia” (preferably in liquid form, found at health food stores and some grocery stores) instead of sugar when baking
4. Snacks such as Granola Bars (unless homemade), cookies, yogurt tubes, and fruit gummies (the character shaped ones) should be avoided