

Guidelines for Choosing Snacks for Preschoolers

- Choose a variety of foods from Canada's Food Guide to Healthy Eating.
- Serve colourful bite size portions.
- Offer portions that are ¼ to ½ of an adult serving.
- Avoid high sugar snacks.
- Offer beverages such as water, milk, flavoured milk or juice.
- Be aware of any food allergies.
- Avoid foods that can cause choking such as: popcorn, nuts, seeds and raisins. Serve small soft pieces of food.
- Safety first. Make sure the children are seated at all times when eating.
- Help the children wash their hands before eating.

Examples of appropriate snacks:

Apple or pear slices, cheese cubes and whole-wheat crackers

Oatmeal muffin, banana slices and milk

Carrot sticks, pita bread slices and yogurt dip

Ham/chicken/turkey tortilla wraps and cucumber slices

Orange wedges, animal crackers and cheese cubes

Applesauce sprinkled with cinnamon on whole-grain toast and milk

Fruit shake and dry non-sugar-coated cereal

Mini pita stuffed with tuna or egg salad and apple juice

Waffles, sliced peaches and peach-flavoured yogurt

Bagel with peanut butter* and milk

Trail mix (non-sugar-coated cereals with dried fruits**) and milk

Bran muffin, grapes and chocolate milk

Fruit salad with yogurt topping and rice cake

Bannock, fresh fruit and milk

Mini pita pizzas

Non sugar-coated cereal, banana slices and milk

Celery with cheese spread or peanut butter* and soda crackers

Grapes, graham crackers and milk

Hard-boiled egg, rye toast and orange juice

Oatmeal cookie, apple slices and milk

Raw vegetables, pita bread slices and hummus dip

Salmon salad on whole-wheat hotdog bun and milk

Banana loaf, banana slices and milk

Vegetable juice, whole-grain crackers and cheese cubes

Mini bagels or buns with melted mozzarella cheese and red/green pepper sticks

Yogurt mixed with fresh fruit or applesauce and bread sticks

NOTE: Texture of foods might need to be altered for different ages of children (grate or slice raw vegetables and fruit thinly, cut grapes in half, spread peanut butter thinly).

* Do not offer if there is a nut allergy.

** Dried fruit sticks to your teeth – remember to brush your teeth afterwards.

Offer water regularly to children