Healthy Snack at S.E.S.
Santé Globale

École primaire de Sherbrooke Elementary School

LA SANTÉ AU COEUR DE LA RÉUSSITE
HEALTH AT THE HEART OF SUCCESS

Commission scolaire Eastern Townships School Board

Healthy snacks are important for kids!

A good snack should provide energy and help you wait until the next meal (satiety). In order to meet these requirements, here are suggestions for snacks at Sherbrooke Elementary School.

A healthy snack consists of:

1. **A fresh fruit or vegetable**
2. **A protein, whole grain or other food** (see details on the following pages)
3. **Water**

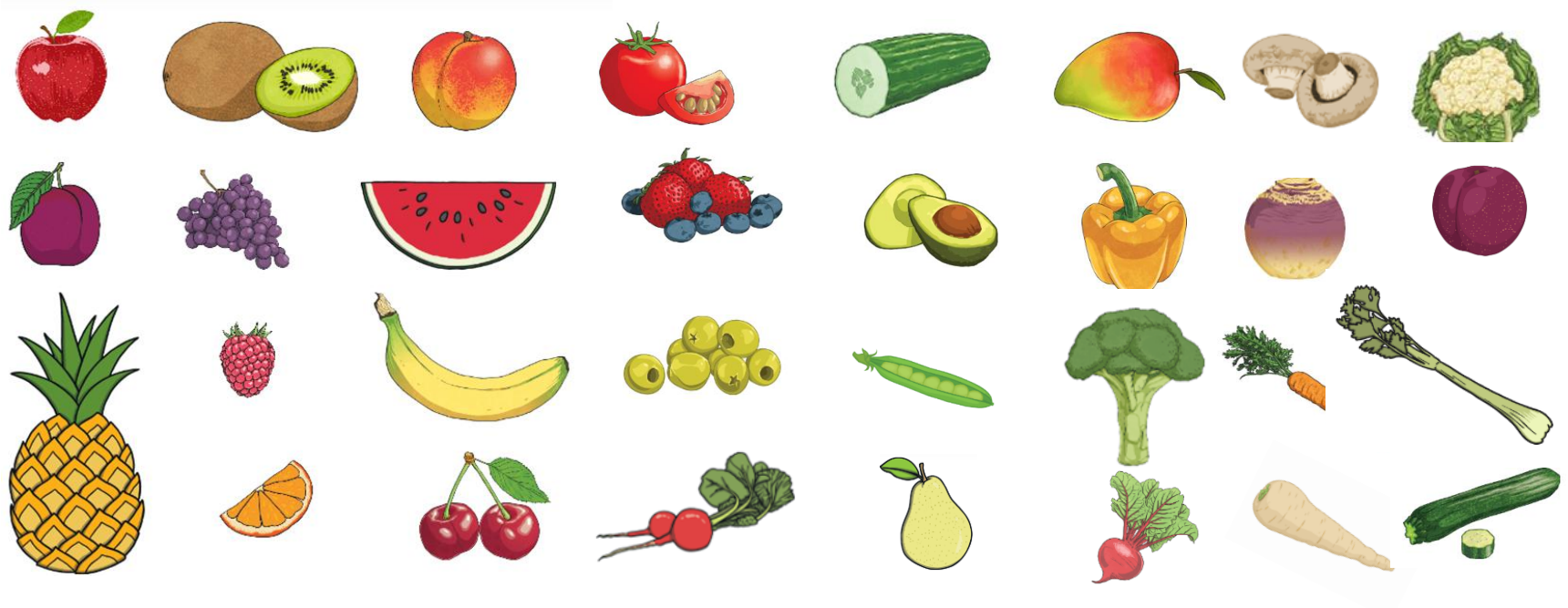


You can click on this link to learn more about snacks

STEP 1

Choose a **fresh** vegetable or fruit.

They are all allowed!



Etc.

Prepare the vegetable or fruit so that it is ready to eat (wash, peel, cut, etc.)



STEP 2

Choose a protein OR a whole grain OR an item from the other category

You can click on the links or images to access additional information or recipe ideas.

Protein



Soft-boiled egg



Yogurt, chia pudding



Cow or plant-based milk



Hummus, végé pâté, black bean spread or tofu spread



Hard or cottage cheese



Shelled sunflower or pumpkin seeds



Chickpeas or roasted soybeans

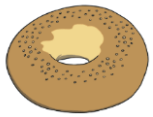
Whole Grain



Whole grain crackers



Granola, oatmeal, quinoa



Slice of whole grain bread or half a whole grain bagel



Whole grain tortillas or pitas

Other



Dried fruits

Preferably cooked at home:



Smoothies



Fruit compote



Cookies



Muffins



Energy bars



Energy balls

STEP 3

A water bottle to drink throughout the day





Factors to consider when buying a snack at the grocery store

coeuretavc.ca and Santé Canada

- Choose a food that is minimally processed (such as fresh fruits or vegetables) or only lightly processed, like yogurt made from milk. Avoid highly processed foods such as brightly colored and sugary cereals.
- The snack does not contain refined flour or sugar, nor starch or hydrogenated oil as the main ingredient, meaning it is not one of the first ingredients listed on the product's ingredient list. Refer to this for more information regarding the ingredient list.
- The nutrition information shows at least three grams of fiber or protein, or even both.
- The snack does not contain more than 160 mg of sodium per serving.
- The sugar in the snack is mostly natural, meaning it comes from fruits or milk.

Valeur nutritive
Nutrition Facts

pour 4 craquelins (23 g)
Per 4 crackers (23 g)

Calories 120	% valeur quotidienne* / % Daily Value*
Lipides / Fat 7 g	9 %
saturés / saturated 1 g + trans / Trans 0 g	5 %
Glucides / Carbohydrate 11 g	
Fibres / Fibre 3 g	11 %
Sucres / Sugars 0 g	0 %
Protéines / Protein 4 g	
Cholestérol / Cholesterol 0 mg	
Sodium 30 mg	1 %
Potassium 150 mg	3 %
Calcium 75 mg	6 %
Fer / Iron 1.75 mg	10 %

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
*5% or less is **a little**, 15% or more is **a lot**

Other Resources for Parents

You can click on the boxes to find additional information or recipe ideas.

Tips for zero waste snacks

How to substitute sugar in a recipe

Recipe: Beet Hummus

Other tips for zero waste snacks

Recipe : Smoothies

Recipe: Homemade bear paws

Canada Food Guide

Recipe : Veggie Spread

Recipe : Drinking Yogurt

Sources

We would like to thank Ms. Érika Boucher, dietetic technician, for her ideas and valuable advice.

- https://guide-alimentaire.canada.ca/fr/conseils-pour-alimentation-saine/
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- https://www.canada.ca/fr/sante-canada/services/comprendre-etiquetage-aliments/liste-ingredients.html
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