

Children snack ideas at Day Care/ After School Care/ Day Camp

Snacks on hand	Snacks in the Fridge	Easy to go – Picnic Snacks
Crackers	Bagels / Bread	Baby Carrots
Dried fruit / Canned Fruit	Bran Muffins	Celery Sticks
Popcorn (Smartfood)	Yoghurt	Bagel Bites
Rice Cakes	Cottage Cheese	Rice Cakes
Cereal (unsweetened)	Fresh Fruit	Apples
Granola Bars	Raw Vegetables	Crackers
Peanut Butter	Cheese	Pretzels
Canned Fish	Milk	Dried Meat or Beef Jerky
Dried Meat or Beef Jerky	Salad Greens	Popcorn (Smartfood)

(Adapted from the article Plan well (<http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx>). Dietitians of Canada.