

## Snack Ideas

Pack a snack that has a food from **2 of the 4 food** groups of Eating Well with Canada's Food Guide.

### Try these delicious snacks:

- ✓ Ham and cheese chunks
- ✓ Cold pizza
- ✓ Half a sandwich
- ✓ Half a bagel with cheese
- ✓ Raw vegetables or fruit with yogurt dip
- ✓ Fresh fruit and cheese cubes
- ✓ Crackers or rice cakes with cheese or peanut butter
- ✓ Pita and hummus (chick-pea spread)



### Mix and match these snacks:

- ✓ Plain popcorn
- ✓ Milk pudding
- ✓ Rice cakes
- ✓ Fresh or canned fruit
- ✓ Yogurt
- ✓ Bran, carrot or zucchini low-fat muffin
- ✓ Non sugar coated cereal
- ✓ Eggs – hard boiled or devilled



Produced by: KFL&A Public Health  
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