



## SnackMaster

Need easy and nutritious snack ideas? This resource can help you plan snacks for kids at home, school, daycare or on the go.

**Mix and match from the food groups below:**

### Protein foods

- Cheese or yogurt
- Egg
- Fish or seafood
- Hummus, beans or tofu
- Meats
- Milk or fortified soy drink
- Nuts, seeds or their butters
- \_\_\_\_\_

### Grains

- Bread, pita or tortilla
- Cereal or granola
- Crackers
- Muffin
- Pancakes or waffles
- Pasta or rice
- \_\_\_\_\_

### Vegetables and fruits

- Avocado
- Berries
- Fruit (fresh, canned, or dried)
- Seaweed
- Veggie sticks
- \_\_\_\_\_

To offer a variety of nutrients, serve items from two or more food groups. Involve kids in coming up with different combinations!

### Snack ideas:

- Apple slices with peanut butter
- Berries and yogurt
- Boiled egg and bell pepper sticks
- Bran muffin and fortified soy drink
- Carrots and hummus dip
- Celery sticks with seed butter
- Cottage cheese and cucumber slices
- Dried fish and seaweed
- Fruit cup and cheese slices
- Pancakes and yogurt
- Rice pudding with raisins
- Scrambled egg and cherry tomatoes
- Toast with nut butter and banana
- Tortilla with chicken and cream cheese
- Trail mix: nuts, seeds, dried fruit, cereal, etc.
- Tuna salad and crackers



# Make snack times work for you

## Snacks help kids get the nutrition they need.

- Kids have small stomachs. Snacks are a chance to eat in between meals.
- Snacks can be simple and nutritious. Think of them as “mini meals.”

Kids can learn important food skills when they help prepare a snack.

## Focus on your role with feeding.

- Adults decide **when and where** snacks time will be, and **what** foods to offer. Aim to:
  - Offer 2-3 sit-down snacks per day, between meals.
  - Sit and eat together, when possible
- Kids decide **if and how much** to eat from the foods you offer.

Adults can offer kids choice from what is available. For example, “Do you want an apple or banana with your snack today?”

## It’s okay if kids do not always want to eat at snack time.

- ✓ Let them know when the next meal or snack will be. Adults can trust that kids will get the nutrition they need, over time.
- ✗ Try not to comment on what or how much kids eat. Avoid asking them to “just take one bite”. Pressure can backfire and make eating feel more stressful.

## Can snacks be tooth-friendly?

- Sticky and acidic foods can be less tooth-friendly. If you serve these foods, aim to offer them as part of a meal or sit-down snack.
- Between meal and snack times, offer water for thirst and avoid letting kids graze. This helps protect their teeth as well as their appetite for mealtimes.
- Brush twice a day with a fluoride toothpaste. Kids need help brushing their teeth until at least 8 years of age.



## Where can I find more information?



To learn more, visit the [NH Nutrition for children and youth](#) page.



To speak with a Registered Dietitian at [HealthLink BC](#), call 811 (or 604.215.8110).