

Crackers and Rice Cakes

can be quick and healthy additions to snack and breakfast programs.

We've put together a list of easy-to-find crackers and rice cakes that fit the MB School Nutrition Guidelines:

Brand	Cracker Type
Christie	Triscuits Premium Whole Wheat Belvita Oat & Honey Cereal Biscuit
Compliments (Sobeys)	Original Rice Cakes Apple & Cinnamon Rice Cakes Multigrain Rice Cakes Cheddar Cheese Rice Cakes
Dare	Breton Original Bites Breton Super Grain Bites Breton Veggie Bites
Kashi	Original 7 Grain Fire Roasted Vegetable
Pepperidge Farm Quaker	Goldfish made with Whole Grains Original Rice Cakes Savory Tomato & Basil Rice Cakes Butter Popcorn Rice Cakes
Ryvita	Crackers, Snack Breads, Crisp Breads



You can make your own toasted crackers using whole grain pitas and tortillas. Toasted crackers are very healthy, affordable and easy to make. They also provide you with unlimited flavour options!

Toasted Pita/Tortilla Crackers

1. Cut whole grain pitas or tortillas into wedges. Toast in the oven on a baking sheet at 300°F for 5 to 7 minutes or until crispy. Serve with hard cheese, greek yogurt dip, hummus or spreads made from peanuts, sunflower seeds or soybeans.
2. To make flavoured crackers brush or toss pitas or tortillas with a small amount of olive oil and sprinkle with herbs like oregano and basil or spices like cumin and paprika before baking.

Moving Forward with MB School Nutrition

Manitoba's School Nutrition guidelines will help you with menu planning and choosing packaged foods like crackers and rice cakes. See pages 27 - 31 to learn what to look for on ingredient lists and nutrition labels.

www.gov.mb.ca/healthyschools/foodinschools

Did you know?

Enriched wheat flour and white rice are not whole grains.



Child Nutrition
Council of Manitoba

Every Child...Every Day...Well-nourished | www.childnutritioncouncil.com