

Quick SNACK Ideas

For those days time is tight or help is limited try these quick to prepare and serve ideas from other snack programs.

When planning snacks, aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food or one protein food.

Vegetables & Fruit	Whole Grain Foods	Protein Foods	
mini carrots cherry tomatoes cucumber snap peas celery sticks easy peel oranges fruit cup bowl of whole fruit (apple, orange, pear, plum) frozen berries bananas	whole grain crackers popcorn rice cakes whole grain toast whole grain cereal instant oatmeal whole grain bagel whole grain tortilla	milk fortified soy beverage yogurt greek yogurt dip sliced hard cheese cheese sticks or strings cottage cheese boiled egg scrambled egg	almonds soy based butter seed based butter peanut or almond butter roasted chickpeas roasted sunflower seeds roasted pumpkin seeds baked beans hummus



Here are some quick snack ideas:

1. easy peel orange and whole wheat soda crackers
2. mini carrots with greek yogurt dip and boiled egg
3. fruit cup and yogurt cup
4. cherry tomatoes and almonds
5. banana and roasted chickpeas
6. cucumber slices and hummus
7. bowl of whole fruit and cheese stick
8. snap peas and rice cake with sunflower seed butter