

# CRACKERS

can be a quick, whole grain addition to meal and snack programs.

## WE'VE PUT TOGETHER A LIST OF EASY-TO-FIND CRACKERS AND RICE CAKES THAT FIT THE MB SCHOOL NUTRITION GUIDELINES:

### Crackers

- **Triscuits** (All flavours) - Christie
- **Premium Plus** (Whole Wheat) - Christie
- **Breton Bites** (Original, Super Grain, Veggie) - Christie
- **Goldfish** (Whole Grain) - Pepperidge Farm
- **Rustic Flatbreads** (Multiseed) - Grissol
- **Crisp and Thin Whole Grain** (8 Grains and Seeds, Flax & Honey) - President's Choice
- **Wheat Squares** - President's Choice
- **Crispbreads** (All flavours) - Ryvita or Wasa

### Rice Cakes

**Unsalted, White Cheddar** - No Name  
**Original, Multigrain, Cheddar Cheese** - Compliments (Sobeys)  
**Original, Tomato & Basil, White Cheddar, Butter Popcorn** - Quaker



## TOASTED PITA/TORTILLA CRACKERS

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

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/tortillas with a small amount of olive oil and sprinkle with herbs like oregano and basil or spices like cumin and paprika before baking.

## DID YOU KNOW?

Enriched wheat flour and white rice are not whole grains.

## 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.

<https://www.manitoba.ca/healthisschools/foodinschools/>