Snacks

WHY? Children need a lot of energy to grow and move. Their needs are great but their stomachs are small. Snacks give them more opportunities to eat.

HOW MUCH? **Children know how much.** As usual, children decide how much to eat (see the sheet "Hunger"). Children who don't eat much for breakfast will be hungrier at snack time than those who have a substantial breakfast. The same link can be made between lunch and afternoon snack.

WHEN? Midway between two meals.

HOW? Take 5 to 10 minutes to slow down and focus on snack time. Create a pleasant environment, with no pressure to eat.

WHAT?
- Nourishing foods most of the time
- Foods that round out the day's meals
- Lighter foods if it's close to lunchtime
- More sustaining foods if supper is a long way off

LIKE WHAT?

Different kinds of snacks

Just like meals, varying snacks will make them more enjoyable and provide better nutrition for children. There are good options in each of the food groups. Grain products are sometimes ignored because we think they are too sweet. However, it is perfectly fine to serve grain products that are high in fibre and do not list sugar as the first ingredient.

Light snacks	Heavier snacks
Fresh fruit	Fresh fruit + milk
Unsweetened fruit compote	Compote + plain yogurt
Cereal with little sugar	Cereal + homemade smoothie
Homemade granola bar	Granola bar + soy milk
Small homemade muffin or cookie	Homemade muffin + cheese
Grilled tortilla	Tortilla + hummus
Fresh vegetables	Fresh vegetables + a hard boiled egg
	Fresh vegetables + tofu dip
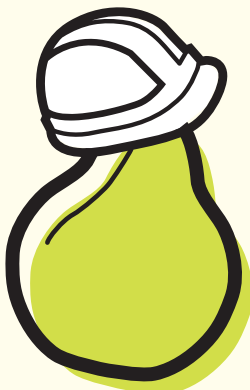
Protect snacks

Think about the delicate skin of a pear, placed in a child's backpack for a snack. Now think about the completely non-delicate way a child handles said backpack. The result is a pear that is no longer very appealing. Think crumbled, cookies, smashed bananas, pureed strawberries, mangled apples and flattened muffins. If this happens often with a particular child, send a note home to the parents. Re-usable plastic containers are perfect for keeping snacks!