



Healthy Snacks

Many kids get hungry between meals. A healthy snack can provide your kids with energy and help them get the nutrients they need on a daily basis.

Healthy snack options:

Fruit: A piece of fruit is a convenient and healthy snack for kids. Most fruits contain fibre and important nutrients like potassium and vitamins A and C - Bananas, apples, pears, grapes, peaches, and plums are examples of fruits that can be used for grab-and-go snacks.

Fruit smoothies: A fruit smoothie is a good way to pack a lot of nutrients into a small snack.

Yogurt: Yogurt is an excellent snack for children and young people because it's a good source of protein and calcium. Calcium is especially important for developing bones. Try to avoid yogurts with high sugar content.

Cheese: Cheese provides children with high-quality protein, which is needed for proper growth. Protein will also help them feel full between meals

Boiled eggs: Eggs are highly nutritious and an excellent snack for kids. They provide high-quality protein and several vitamins and minerals, including vitamin B12

Simple snacks

A sandwich/roll

Sandwiches don't have to be just for mealtime. Half a sandwich can also make a healthy snack for kids. To build a healthy sandwich, start with whole-wheat bread, pick a source of protein, and include a fruit or veggie, if possible. Here are some examples of healthy sandwich combinations:

- cheddar cheese and thinly sliced apples
- cheese and tomato slices
- peanut butter and banana slices
- Chicken or turkey, cheese, and or pickle
- hard-boiled egg and tomato

Sweet potato fries (for one)

- 1 fresh sweet potato
- 1 teaspoon (5 ml) of olive oil
- Sea salt

Peel and slice the sweet potato. Toss the potato in olive oil and sprinkle it with sea salt. Bake on a cookie sheet at 220°C for 20 minutes.

Banana oat cookies

- 3 ripe bananas, mashed
- 80 ml of coconut oil
- 160 grams of rolled oats
- 80-90 grams of mini chocolate chips or dried fruit
- 1 teaspoon (5 ml) of vanilla

Mix all ingredients in a bowl. Place spoonfuls of the cookie mixture onto a grease proof paper and bake for 15-20 minutes at 175°C. Leave to cool

