



# PAINT YOUR PLATE While at Play



Some children spend a lot of time at sporting games and practices, clubs, and other activities. They need water for healthy hydration, and afterwards they may be hungry and need a healthy snack to refuel. Providing nourishing options for post-activity snacking makes it clear that healthy eating and physical activity go hand in hand.

Brightly coloured, fresh vegetables and fruit that are washed, cut up, and ready to eat are the best options. Kids can't resist!

Try:

- Apples
- Oranges
- Watermelon
- Grapes
- Cherries
- Kiwi
- Pears
- Peaches
- Cantaloupe
- Strawberries
- Blueberries
- Blackberries
- Bananas
- Pineapple
- Sugar snap peas
- Mango
- Cucumbers
- Cherry tomatoes
- Clementines
- Plums
- Nectarines
- Carrots
- Peppers
- Celery
- Honey dew Melon
- Apricots

**TO PREVENT CHOKING IN CHILDREN UNDER 4 YEARS OF AGE, CUT VEGETABLES AND FRUIT LENGTHWISE (E.G., GRAPES), FINELY CHOP (E.G., CELERY, PINEAPPLE) OR CUT IN BITE SIZED PIECES.**

