



# newsletter

## Paint Your Plate with Super Snacks!

Dear Parents,

This week we're focussing on super snacking. Our key message is to choose healthy snacks that include at least one brightly coloured vegetable or fruit.

For kids, healthy snacks are not only enjoyable, they are also necessary. Kids have small stomachs and they need regular snacks that pack a nutritious punch.

### What makes a healthy snack?

- Include a vegetable or fruit with every snack. Then add another choice from one of the other three food groups in Canada's Food Guide: Grain Products, Milk and Alternatives, or Meat and Alternatives.
- Keep less healthy foods such as candy, cookies, and chips as an occasional treat.

### How much snacking is okay?

- A good rule of thumb is to provide three regular meals a day, with snacks in between as needed.

### Super snack ideas:

- apple slices and cheese cubes
- diced peaches with plain yogurt
- carrot and celery sticks with hummus dip
- unsweetened applesauce and whole grain crackers
- orange slices and hard-boiled egg
- raspberries/bananas/blueberries with whole grain cereal and plain milk

Thanks for supporting the Paint Your Plate program. We are encouraging children to learn more about new vegetables and fruit. Stay tuned for more tips and tools to help make vegetables and fruit the easy choices.



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*Paint Your Plate with vegetables and fruit!*