

Pack those Snacks!

Kids need snacks to give them energy between meals. Some easy, healthy snacks to pack with lunch are:

- bite-sized vegetables with yogurt, hummus or bean dip
- whole or cut-up fruit like apples, pears and bananas
- whole grain crackers or pita and cheese
- canned fruit (in juice) or applesauce
- container of yogurt

For more information, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Nutrition—Nutrition Matters).

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