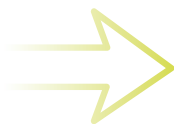


KEEPING SNACKS SIMPLE!

Vegetables, fruit, milk and alternatives



Most children do not eat enough vegetables, fruit, milk and alternatives.



Snack time provides the perfect opportunity to eat from these two food groups.



Children are growing and need energy for healthy growth and development.



A snack from these two food groups enables children to re-energize between meals and stay focused.



In kindergarten, 4 out of 10 children have cavities.



Children who eat snacks that stick to their teeth in the morning expose their teeth to cavities all day long.



SIMPLE AND DELICIOUS IDEAS



Fresh fruit; whole, cut in quarters or bite-sized pieces

Vegetables; cut in sticks, slices, or bite-sized pieces

Cheese cubes, yogurt, or soy beverages

Applesauce with no added sugar



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Québec en Forme is pleased
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SNACKS

Nutritious, delicious, and affordable!

TIPS FOR AFFORDABLE CHOICES:

- Purchase food in larger sizes (applesauce, milk, yogurt, cheese) and transfer into small reusable containers.
- Look for specials at the grocery store and choose vegetables and fruit based on the season (cucumbers, beans, apples, clementines).
- Limit grocery shopping on an empty stomach and make a list to avoid buying items you don't really need or forgetting something.
- Take advantage of discounts to buy extra vegetables, fruit, milk and alternatives that stay fresh longer (carrots, celery, oranges, apples, yogurt, cheese, soy beverages).
- Buy frozen fruit when it's less expensive than fresh fruit. Very practical for smoothies, fruit and yogurt parfaits.
- Prepare homemade versions of smoothies and dips (see recipes).

SOME SIMPLE IDEAS

Grapes with cheese cubes

Raw veggies
with yogurt dip

Fruit and yogurt parfait

Cottage cheese with
pineapple pieces

Soy beverage
and a clementine

Carrot sticks and a
drinkable yogurt

COMPARE PRICES!

RECOMMENDED SNACKS	PRICE PER SERVING		OTHER SNACKS
Applesauce 650ml @ \$1.59	\$0,19	\$0,45	Soft molasses cookies 12 packets @ \$5.49
A bag of mini carrots 340g @ \$0.99 (on special)	\$0,22	\$0,50	Granola bars 6 @ \$2.99
Individual yogurts 16 @ \$4.99 (on special)	\$0,31	\$0,53	Small bag of crackers 6 @ \$3.19
A bag of apples 2.27kg @ \$6.99	\$0,37		

In addition to the higher cost,
these snacks are less
nutritious and stick to teeth.



DON'T FORGET; DRIED FRUIT IS NUTRITIOUS,
BUT ALSO STICKS TO TEETH AND CAN CAUSE TOOTH DECAY.

HONEY DIJON DIP

½ cup of plain yogurt
3 tbsp of mayonnaise
1 tbsp of Dijon mustard
1 tbsp of honey

Mix together all the ingredients.

20¢ /30 ml serving

FRUIT SMOOTHIE

1 cup of frozen fruit
2 bananas
1 cup of milk
1 cup of yogurt
1 cup of ice cubes

Mix all the ingredients in a blender and serve!

33¢ /100 ml serving