## SNACKS THAT MEET THE GRADE

Snacks give kids the energy they need between meals to learn, be active and do the things they love. Think of them as mini-meals.

A good rule of thumb for snacks, whether at school or at home, is to cover off at least two food groups. If your school is a nut-free zone, save nuts and nut butters for after school. Dig in to these delicious ideas:
» Whole grain crackers, cheese and apple or pear
» Cheese and tomato sauce pizza made with whole grain English muffins
" Fresh, frozen or canned fruit with plain lower fat yogurt
» Whole grain cereal and milk or unsweetened fortified soy beverage
» Celery sticks filled with cottage cheese or nut butter Use the Nutrition Facts table (NFt) to make informed choices when buying snacks.

## KNOW THIS

Use the \% Daily Value (\% DV) to compare food products and see if the food has a little or a lot of a nutrient. Remember $5 \%$ DV or less is a little and $15 \%$ DV or more is a lot.

Buy whole grain crackers with more fibre and less sodium. Use the Serving Size to understand the information in the NFt. Check the Serving Size and compare it to how much you are planning on eating. If you eat double the Serving Size, then you'll need to double the calories and the amount of nutrients listed. If you eat half the Serving Size, then you'll need to halve the calories and the amount of nutrients listed.

For example, if the Serving Size of whole grain crackers is 4 crackers, and you eat 8 crackers, then double the calories and nutrients listed in the NFt.
» Mix and match whole grain cereals for snacks, going for the one that offers more fibre and less sugar. For cereal and granola bars, choose ones with whole grains as the first ingredient and offer more fibre and less sugar.
» Canned or jarred tomato sauce is great for making pizzas. Buy the ones with the lowest amount of sodium. Choose canned fruit that's packed in water or juice
» Look for reduced fat or lower fat cheeses. Lower fat cheeses generally have less than $20 \%$ milk fat (M.F.). And for yogurt, opt for the lower fat plain version more often.

## DRINKS

Water, milk and unsweetened fortified soy beverages are healthy drinks. Choose them instead of sugary drinks and soft drinks.

## KNOW THIS

There are some nutrients you may want more of such as fibre, vitamin $A$, calcium, iron.

