




# Healthy Snack Checklist

**Before you pack snacks for your kids and the team,  
check this list:**

- 
- ✓ **Nutritious** - Try vegetables, fruit, whole grains, low fat milk or cheese.
  - ✓ **Water** - It's the best thirst quencher.
    - Drink more when active or in hot weather.
    - Serve with fruit slices for flavour.
  - ✓ **Food safety** - Prepare food on clean surfaces with clean hands and utensils.
    - Pack food in an air-tight container.
    - Use ice packs and insulate to keep cold foods cold.
  - ✓ **Food allergies** - Avoid known food allergens, like peanut butter.

## Quick and healthy team snacks

- 
- 
- Fruit (e.g. bananas, watermelon, orange and apple slices)
  - Veggies (e.g. carrots, cucumber, celery)
  - Unsweetened applesauce
  - Fruit cups (packed in juice)
  - 100% fruit juice popsicles
  - Low fat (3 grams or less), high fibre (at least 2 grams) granola or fruit bars
  - Whole grain crackers
  - Variety of crunchy, whole grain cereals, served in baggies or cups
  - Lower fat cheese cubes, strings (20% M.F. or less)
  - Yogurt tubes (cold or frozen)
  - Individual containers of cottage cheese or yogurt (2% M.F. or less)
  - Low-fat pudding made with skim milk

Adapted and reproduced with permission from Durham Region Health Department, Sept. 2013.

