



Snacking Tips For Children from Age 1 to 5

Snacking is an important source of energy and nutrients for young children. Children have small stomachs and may not get the energy they need in just three meals a day. Serving small, healthy snacks will help make sure they get all the nutrients they need to grow, learn, and play. Here are some tips and sample ideas for planning healthy snacks:

- Keep it simple by offering foods from Canada's Food Guide*. Fresh fruits, vegetables, and whole grains are great choices that are full of important nutrients.
- Have regular meal and snack times. Provide 2-3 snacks per day.
- Serve grain products made from whole grains e.g., whole grain breads, crackers and muffins made with whole wheat flour.
- Plan to have a variety of nutritious snacks readily available over the week.
- Offer water to satisfy thirst. Fruit juice does not have the fibre of whole fruit. If you offer juice, choose 100% unsweetened fruit or vegetable juice. Limit the amount to 125 mL to 175 mL, no more than once a day.
- Plan snack times about 1 ½ hours to 2 hours before or after meals so children will be hungry at mealtime.
- Serve snacks at the table without distractions like T.V., phones or toys.
- Get creative. Keep little ones interested by offering snacks in fun ways. Use cookie cutters to create friendly shapes.
- The following foods are not safe for children under four years of age: hard candies, cough drops, gum, popcorn, marshmallows, peanuts or other nuts, seeds, fish with bones, snacks using toothpicks or skewers.

*<https://food-guide.canada.ca/en>



Snacks for Thirsty Children

Apples
Apricots
Blackberries
Blueberries
Broccoli
Canned fruit (in juice)
Cantaloupe
Cauliflower
Celery

Cherries
Cherry Tomatoes
Cucumber
Grapefruit
Grapes
Kiwis
Mangos
Melons
Milk

Nectarines
Oranges
Papayas
Peaches
Pears
Pineapple
Plums
Pomegranates
Radishes

Raspberries
Soy Beverage
Star fruit
Strawberries
Tangelos
Tangerines
Water
Watermelon
Yogurt drinks
Zucchini

Snacks for Hungry Children

Bagel
Baked tortilla chips
Banana
Bannock
Bean dip
Bread or buns
Bread sticks
Cereal
Cereal bars
Chapatti
Cheese
Cottage cheese
Crackers

Dried fruit
Eggs – hard-boiled
English muffin
Flatbread
Frozen yogurt
Gingersnaps
Graham crackers
Granola bars with nuts and/or dried fruit+
Hummus
Ice milk
Melba toast

Milk pudding
Muffins
Naan
Nut butter+
Peanut butter+
Pita bread
Popcorn
Pretzels
Raisin bread
Rice cakes
Roasted soy nuts or chickpeas
Roti

Sandwich half: cheese, egg salad, turkey, ham, peanut butter+, salmon
Smoothie made from yogurt and fruit
Tortilla
Trail mix
Vegetables
Yogurt

+Food Allergy Alert: Some foods, such as nuts and nut butters are not allowed in childcare centres and other community group settings.

Fun and Easy Snack Ideas

- strips of whole grain toast with avocado
- hummus with 100% whole wheat pita
- fruit and yogurt parfait
- hard-boiled egg and carrot sticks
- roasted chickpeas and cucumbers
- apple slices and nut butter
- whole grain crackers topped with baba ghanoush
- fresh vegetables with white bean dip
- cheese cubes with pears
- O-shaped oat cereal and milk
- Veggie mini pizza on a whole grain English muffin



HEALTH
DEPARTMENT

Durham Health Connection Line
905-668-2020 or 1-800-841-2729

durham.ca/health



If you require this information in an accessible format, contact 1-800-841-2729.

June 2023