

# Snack for Success

Children need energy and nutrients to grow and be active.

## A healthy snack can:

- help meet daily nutrition needs,
- give energy needed for physical activities,
- satisfy hunger between meals, and
- restore energy, water and other key nutrients after an activity.



**Balance is key.** Include a protein-rich food with a vegetable, fruit or whole grain to make a healthy snack.

**Plan ahead and prepack your snacks.** Kids may eat more vegetables and fruit as snacks when they are pre-washed and cut up into ready-to-go portions.

In a pinch? **Buy single-serve snacks** like string cheese, nuts, yogurt cups, uncoated granola bars, unsweetened apple sauce, fruit cups, bananas and oranges.

Adapted from original content of the Eat Healthy  
Play Healthy Advisory Committee (2019)  
For more information contact your local Public  
Health Dietitian

[www.saskhealthauthority.ca/Services-Locations](http://www.saskhealthauthority.ca/Services-Locations)



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*Healthy People, Healthy Saskatchewan*

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.