

HEALTHIER 'GRAB & GO' FOODS

LITTLE PREPARATION REQUIRED

- Pre-washed vegetables (e.g., baby carrots, snap peas, mini cucumbers, cherry tomatoes)
- Pre-washed whole fruit (e.g., apples, oranges, bananas, pears, grapes)
- Healthier granola bars (e.g., MadeGood®, Kashi®, Nature Valley Lunchbox®)
- Fruit cups (packed in juice or water—e.g., diced peaches)
- Unsweetened applesauce
- Nuts/seeds
- Store bought Trail mix
- Roasted chickpeas
- Small whole grain muffins
- Yogurt cups or tubes
- Microwave popcorn (e.g., Orville Redenbacher's Smartpop®, Blue Menu®)
- Snack kits (e.g., crackers with tuna/chicken/hummus)
- Individual cheese packets or cheese strings
- Cottage cheese cups
- Individual Milk container
- Ready-to-eat hardboiled eggs
- Whole grain crackers (e.g., Ryvita®, Triscuits®, Wheat Thins®), bagels or rice cakes with cheese, hardboiled egg, nut butter, guacamole or hummus packets.
- Bottled Water



ALLERGY ALERT

Check with clients before serving foods that could be a potential allergen (e.g. nuts) and label foods with a warning stating: Food may contain: 'name of allergen(s)'



Saskatchewan
Health Authority



saskhealthauthority.ca

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.

HEALTHIER 'GRAB & GO' FOODS

SOME PREPARATION REQUIRED

- Raw veggie cups, with or without dip
- Cut up fruit in cups
- Yogurt parfait (e.g., yogurt, granola, and fruit)
- Homemade whole grain muffins
- Whole grain crackers, pitas (cut into wedges) and/or veggies served with homemade hummus, bean dip, chicken or tuna salad
- Pre-portioned air-popped popcorn
- Half whole grain bagel with light cream cheese & cucumber slices
- Made in house Energy mix (seeds, dried fruit, oats, dark chocolate chips, shredded coconut, pretzels, air-popped popcorn, unsweetened cereal)
- Homemade smoothies
- Wraps, sandwiches and pitas
- Homemade lunch-able plates with roast meat, cheese, veggies, fruit and crackers



For more information on choosing healthy foods, refer to the SK Nutrition Standards—[Healthy Foods for my Recreation Setting](#) and/or [Healthy foods for my School](#)

Developed by the Public Health Nutritionists of Saskatchewan 2020



saskhealthauthority.ca

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.