



10 Healthy Snack and Lunch Ideas

This information supports the following Healthy Beginnings 2-5 guidelines:

- Include all four food groups (vegetables and fruit, grain products, milk and alternatives and, meat and alternatives) in meals served while in childcare.
- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.
- Serve half a cup of plain milk (125 mL) with meals if there are no other servings from the milk and alternatives food group.
- Have water available at all times and use to quench thirst.



1. Quartered grapes and Stoned Wheat Thins
2. Cooked and chilled carrot sticks with hummus
3. Fruit and cheese fondue
4. Plain yogurt and fruit parfait
5. Cucumber slices with hard cheese cubes
6. Monkey tails (bananas dipped in plain yogurt and frozen)
7. Oranges and multigrain Cheerios
8. Oven roasted potato wedges with hard cheese slices
9. Fruit smoothies (banana, plain yogurt, frozen berries – blended together)
10. Whole wheat pancakes topped with blueberries and bananas

Adapted from Healthy After Schools and the Government of Yukon Childcare Act and Regulations



10 Healthy Lunch Ideas



1. Whole wheat pita pizzas (half of a pita with cheese, ham, quartered cherry tomatoes and broccoli) served with water
2. Spaghetti (whole wheat spaghetti pasta, served in meat tomato sauce with spinach and red peppers) topped with shredded cheese and served with water
3. Chicken and vegetable noodle soup (chicken, mixed veggies and whole wheat bowtie pasta, low sodium) served with half a cup of milk (125 mL).
4. Black bean and quinoa salad (mixed with chopped tomatoes, cucumber, corn and fresh squeezed lime juice and olive oil) served with half a cup of milk (125 mL).
5. Butternut squash soup and a tuna wrap (half of a whole tortilla, with tuna, green peppers, chopped celery and mayo) served with $\frac{1}{2}$ a cup (125 mL) of milk.
6. Taco salad (lettuce, lean ground beef, shredded cheese, chopped tomatoes and peppers) served with half a whole wheat tortilla (or whole wheat bread) and water.
7. Chicken sandwich fondue with yogurt dip (chunks of baked chicken, chunks of whole wheat bread, quartered cherry tomatoes and fresh (or thawed frozen) berries to dunk in yogurt sauce), served with water.
8. Half of a ham and cheese sandwich (on whole wheat bread) served with raw vegetables and water
9. Egg salad wheels (hard boiled eggs chopped, mixed with small celery pieces and mayo) rolled in a whole wheat tortilla (or spread on whole wheat bread). Served with cranberries and orange wedges and half a cup of milk (125 mL).
10. Egg muffin (half a whole wheat English muffin topped with a hard boiled egg and hard cheddar cheese) served with cucumber slices, orange wedges and water

Adapted from healthycanadians.gc.ca and the Government of Yukon Childcare Act and Regulations