

Healthy Food – Healthy Brain

Great Eating Ideas

- ❑ Apple or pear slices, cheese cubes and whole-wheat crackers
- ❑ Oatmeal muffin, banana slices and milk
- ❑ Carrot sticks, pita bread slices and yogurt dip
- ❑ Ham/chicken/turkey tortilla wraps and cucumber slices
- ❑ Orange wedges, animal crackers and cheese cubes
- ❑ Applesauce sprinkled with cinnamon on whole-grain toast and milk
- ❑ Fruit shake and dry non-sugar coated cereal
- ❑ Mini pita stuffed with egg salad and apple juice
- ❑ Waffles, sliced peaches and peach flavoured yogurt
- ❑ Bagel and milk
- ❑ Bran muffin, grapes and chocolate milk
- ❑ Fruit salad with yogurt topping and rice cake
- ❑ Bannock, fresh fruit and milk
- ❑ Mini pita pizzas
- ❑ Non-sugar-coated cereal, banana slices and milk
- ❑ Grapes, graham crackers and milk
- ❑ Hard-boiled egg, rye toast and orange juice
- ❑ Oatmeal cookie, apple slices and milk
- ❑ Raw vegetables, pita bread slices and hummus dip
- ❑ Banana loaf, banana slices and milk
- ❑ Vegetable juice, whole-grain crackers and cheese cubes
- ❑ Mini bagels or buns with melted mozzarella cheese and red/green pepper sticks
- ❑ Yogurt mixed with fresh fruit or applesauce and bread sticks

NOTE: Texture of foods might need to be altered for different ages of children (grate or slice raw vegetables and fruit thinly, cut grapes in half,)

*A reminder that our school is nut and fish-free.

** Dried fruit sticks to your teeth – remember to brush your teeth afterwards.

Offer water regularly to children

Adapted from the Winnipeg Regional Health Authority Community Nutritionists, 2003